

Szechwan Chicken

1 pound of chicken breast, cut into strips for stir-fry
2 Tbsp. Soy sauce
4 Scallions, including tops, diced
1 tsp dried ginger
2 garlic cloves, minced
1/4 tsp. red pepper flakes
1/4 cup wheat bran
1 orange
1 Tbsp. Cornstarch
1 tsp. Splenda®
1/2 tsp. salt
1 cup orange juice, 100%
1 Tbsp peanut oil (or other cooking oil)
1 cup cooked rice

Combine chicken strips, 1/4 cup of orange juice, soy sauce, scallions, ginger, garlic, red pepper flakes, and bran. Using a vegetable peeler, cut strips of peel from the orange and add to the chicken mixture. In a separate bowl, mix together cornstarch, Splenda, salt and remaining orange juice. Heat the oil to a high temperature in a Wok or non-stick frying pan. Add the chicken mixture and cook until the chicken loses all of its pink color and is slightly browned. Stir constantly. Add the orange juice mixture; reduce heat and cook until thickened. Serve over cooked rice. Makes 4 servings.

Nutrition information per serving: 317 calories; 36 grams protein; 9 grams fat; 23 grams carbohydrate; 962 mg sodium.