

Szechwan Orange Chicken

1 1/2 lbs. chicken strips, cut for stir-frying
3/8 cup white wine
3 tbsp. light soy sauce
6 scallions, including tops, diced
1 1/2 tsp. ginger, dried
3 cloves garlic, minced (or 1 tsp. garlic powder)
3/8 tsp. red pepper flakes
3/8 cup wheat bran
1 1/2 oranges
1 1/2 tbsp. cornstarch
1 1/2 tsp. brown sugar substitute
3/4 tsp. salt
1 1/8 cups orange juice
1 1/2-2 tbsp. peanut oil
1 1/2 pints cooked rice

Combine chicken strips with wine, soy sauce, scallions, ginger, red pepper flakes and bran. Using a vegetable peeler, cut strips of peel from the orange and add to chicken mixture. Mix together cornstarch, sugar, salt, and orange juice. Set aside. Heat peanut oil to high temperature, add chicken mixture, and cook until the chicken loses its pink color and is slightly browned. Stir constantly. Add orange juice mixture, reduce heat, and cook until thickened. Serve over cooked rice. Makes 6 servings.

Nutrition information per serving: calories 425; protein 38 grams; fat 10 grams; sodium 620 mg