

Baked Orange Chicken



Servings: 8

For the Chicken:

2 pounds boneless skinless chicken breast, cut into 1-inch pieces

1 cup all-purpose flour

2 large eggs

1 cup bread crumbs

For the Sauce:

1 orange, zested and juiced

3/4 teaspoon sesame oil

1 1/2 teaspoons olive oil

1 garlic clove, minced

1 thumb sized piece ginger, grated

1 1/8 cups orange marmalade

1 1/2 tablespoons low sodium soy sauce

optional

3/4 teaspoon red pepper flakes,

To a plate add all-purpose flour. In a bowl beat 2 eggs. To a separate plate add bread crumbs. Dip each piece of chicken into the all-purpose flour, beaten egg, and bread crumbs until completely coated. Place on a baking tray lined with parchment paper and sprayed with non-stick cooking spray.

Bake the chicken in a 350°F oven for 20-25 minutes or until completely cooked though.

In a sauce pan set over medium-low heat mix together orange zest, orange juice, sesame oil, olive oil, garlic, ginger, orange marmalade, low sodium soy sauce, and red pepper flakes. Cook stirring occasionally for 5 minutes.

Transfer the chicken to a large bowl and pour in the sauce. Toss to coat.

Serve on its own or over rice.

Per Serving (excluding unknown items): 397 Calories; 6g Fat (14.3% calories from fat); 31g Protein; 54g Carbohydrate; 2g Dietary Fiber; 129mg Cholesterol; 289mg Sodium; 30g Total Sugars; trace Vitamin D; 65mg Calcium; 2mg Iron; 501mg Potassium; 315mg Phosphorus. Exchanges: .