

# WHAT'S IN SEASON



## CHICKEN STIR FRY WITH MANDARIN ORANGES

### INGREDIENTS:

- 1 ½ tablespoons sesame oil divided
- 1 ½ pounds boneless skinless chicken breasts cut into bite-sized pieces
- 1 small onion diced
- 4 tablespoons low sodium soy sauce divided
- 1/4 teaspoon kosher salt
- 1 tablespoon minced fresh ginger
- 3 cloves garlic minced
- 1 tablespoon honey
- 1 tablespoon rice vinegar
- 1 tablespoon cornstarch
- 1/4 teaspoon red pepper flakes
- 1 red bell pepper cored and thinly sliced
- 12 ounces broccoli slaw
- 1 cup shelled edamame fresh or frozen and thawed
- 1 cup mandarin oranges packed in juice drained
- Chopped green onions for serving
- Toasted sesame seeds *optional, for serving*
- Prepared brown rice or quinoa *optional, for serving*

### DIRECTIONS:

- In a large skillet, heat 1 tablespoon of the oil over medium-high heat. Add the onion and cook until beginning to soften, about 3 minutes.
- Add the chicken, 1 tablespoon of soy sauce, and salt. Cook, stirring occasionally, until the chicken is completely cooked through and the juices run clear when cut, about 5 minutes. With a spoon, remove the chicken and onion to a plate and set aside.
- In a small bowl or large liquid measuring cup, stir together the remaining 3 tablespoons soy sauce, ginger, garlic, honey, rice vinegar, cornstarch, and red pepper flakes until smooth. Set aside.
- In the same skillet, heat the remaining ½ tablespoon oil. Add the bell pepper. Cook 3 minutes.
- Add the broccoli slaw and cook until the vegetables are crisp-tender, about 4 to 5 minutes more.
- Return the chicken and onions to the skillet. Add the edamame and pour the soy sauce mixture over the top and stir to combine.
- Let cook for 1 minute to warm through and thicken the sauce. Top with the oranges, green onions, and sesame seeds. Serve hot with brown rice.

\* *Gluten Free: Use gluten free soy sauce, rice vinegar and cornstarch.*



### NUTRITIONAL FACTS

4 SERVINGS  
Calories: 387 (without rice or quinoa)  
Protein: 45 grams  
Carbohydrates: 26 grams  
Fat: 12 grams

### CALORIE CONSIDERATIONS:

- To INCREASE calories: Serve over ½-1 cup brown rice or quinoa (+125-250 calories per serving).
- To DECREASE calories: Divide into 6 servings and serve over ½-1 cup cauliflower rice (-100 calories per serving).