



Cook Time: 2 hour (marinate) , 40 minutes cooking

Serving Size: 1/2 cup

Servings: 4

Ingredients

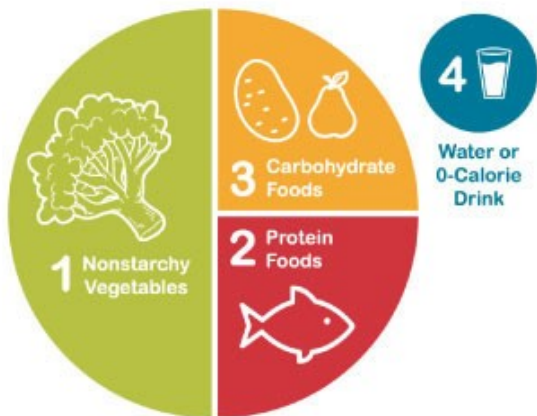
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| 1-3/4 cups water | 1/3 cup packed brown sugar |
| 2 Tablespoons orange juice | 1/4 teaspoon ground ginger |
| 1/4 cup lemon juice | 1 garlic clove |
| 1/3 cup unseasoned rice vinegar | 2 Tablespoons green onion |
| 2 Tablespoons reduced-sodium soy sauce | 1/4 teaspoon red pepper flakes |
| 1 Tablespoon orange zest | 1/2 pound boneless, skinless chicken breasts |
| | 2-1/2 Tablespoons cornstarch |

Directions

1. Pour 1-1/2 cups water, orange juice lemon juice, rice vinegar, and soy sauce into a saucepan and set over medium-high heat. Stir in the orange zest, brown sugar, ginger, garlic, chopped onion, and red pepper flakes. Bring to a boil. Remove from heat, and cool 10 to 15 minutes.
2. Cut chicken into 1/2-in pieces and place into a resealable plastic bag. When contents of saucepan have cooled, pour 1 cup of sauce into bag. Reserve the remaining sauce. Seal the bag and refrigerate at least 2 hours.
3. Heat the olive oil in a large skillet over medium heat. Place the marinated chicken into the skillet, and brown on both sides. Drain on a plate lined with paper towels and set aside.
4. Wipe out the skillet and add the sauce. Bring to a boil over medium-high heat. Mix the cornstarch and remaining 1/4 cup water; stir into the sauce. Reduce heat to medium low, add the chicken pieces, and simmer, about 5 minutes, stirring occasionally.

Nutrition

Calories: 242kcal | Carbohydrates: 19g | Protein: 14g | Fat: 12g | Saturated Fat: 1g |
 Cholesterol:37mg | Sodium: 340mg | Potassium: 240mg | Fiber: 0.4g | Sugar: 10g | Vitamin A: 154IU |
 Vitamin C:11mg | Calcium: 30mg | Iron: 1mg



The amount of carbohydrates (carbs) that someone may be recommended to eat in a day depends on multiple factors - age, body size, activity level, and medicines taken. To determine how many carbs you should be eating, please follow-up with your doctor, registered dietitian, or certified diabetes care and education specialist. The American Diabetes Association created *Diabetes Plate Method* is an easy tool to assist with creating a balanced meal to manage blood sugar.

Learn more at diabetes.org | 1-800-DIABETES (800-342-2383)