



BeFit

Be Fit. Eat Healthy. It's your choice.

Be Fit Basics: Orange Chicken

Adapted from Eating Well

1 pound boneless, skinless chicken breast, raw
Kosher salt and pepper, to taste
1 tbsp plus 1 tsp olive oil, divided
1-2 tsp five-spice powder*
1 tsp orange zest**

Instructions:

Preheat oven to 450 degrees. Season chicken with salt and pepper. Combine 1 tsp oil, spice powder and orange zest and rub on both sides of chicken. Heat an oven-proof skillet on medium-high heat; add 1 tbsp oil. Add chicken breast and cook on one side until browned, about 3-5 minutes. Turn chicken over and place in oven until the breast reaches 165 degrees, about 5-7 minutes more. Let chicken rest 5 minutes before slicing.

Notes:

*Five-spice powder is a nice contrast of warm, sweet, and spicy flavors; it is often a mixture of cinnamon, cloves, peppercorn, fennel seed and star-anise. Use 2 tsp of five-spice powder if you like your meals on the spicier side.

** A zester or microplane is needed to zest the orange peel. Don't have either? Try using 1 tsp orange extract or orange-flavored liqueur instead.

Yield: 4 servings



NUTRITION INFORMATION PER SERVING:

CALORIES: 170 calories	PROTEIN: 24 g	SODIUM: 250 mg (¼ tsp salt assumed)
	CARBOHYDRATE: 1 g	FIBER: 0 g
	FAT: 8 g	Sat Fat: 2 g

MAKE IT A MEAL:

Protein: 1 serving orange chicken (about 3 ounces)

Starch: 1 cup cooked brown rice (215 calories)

Forbidden rice can be used as a substitute for brown rice, offering a similar calorie and fiber content, but a higher level of cancer-fighting antioxidants. Forbidden rice is black in color and cooks like brown rice; simply prepare according to your package's directions.

Vegetable: 1 cup broccoli, steamed (50 calories)

Vegetable Topping: top broccoli with ½ tbsp sesame seeds (25 calories) before serving

Fruit: 1 cup orange slices (85 calories)

PREP TIP

-Serve the chicken over orange slices.

GROCERY SHOPPING LIST

Boneless, skinless chicken breast

Oranges (for zest and slices)

Brown or forbidden rice

Frozen broccoli

Condiments: five-spice powder; kosher salt; pepper; olive oil; sesame seeds

USE OF LEFTOVERS

-Shred leftover chicken; toss with red beans, spicy salsa, cilantro and red onions and place in 6" corn tortillas. Top with plain low fat Greek yogurt (instead of sour cream).