

Crispy Orange Chicken

*Darlene Brenden - Salem, OR
Taste of Home - August 2020*

Servings: 4

*16 ounces (4 cups) frozen
popcorn chicken
1 tablespoon canola oil
2 medium carrots, thinly
sliced
1 clove garlic, minced
1 1/2 teaspoons grated
orange zest
1 cup orange juice
1/3 cup hoisin sauce
3 tablespoons sugar
1/4 teaspoon salt
1/4 teaspoon pepper
dash cayenne pepper
hot cooked rice*

Bake the popcorn chicken according to package instructions.

Meanwhile, in a large skillet, heat the oil over medium-high heat. Add the carrots. Cook and stir until tender, 3 to 5 minutes. Add the garlic. Cook 1 minute longer. Stir in the orange zest, orange juice, hoisin sauce, sugar, salt, pepper and cayenne. Bring to a boil. Reduce the heat. Simmer, uncovered, until thickened, 4 to 5 minutes, stirring constantly.

Add the chicken to the skillet. Toss to coat.

Serve with rice.

Per Serving (excluding unknown items): 158 Calories; 4g Fat (24.0% calories from fat); 2g Protein; 29g Carbohydrate; 2g Dietary Fiber; 1mg Cholesterol; 488mg Sodium. Exchanges: 0 Grain(Starch); 1 Vegetable; 1/2 Fruit; 1 Fat; 1 Other Carbohydrates.