

# Mandarin Chicken

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## Servings: 4

*3 tablespoons cornstarch, divided  
2 teaspoons ground ginger  
2 boneless/ skinless chicken breasts,  
cut into bite-size pieces  
3 tablespoons oil, divided  
2 medium green bell peppers, cut into  
thin strips  
1 envelope onion soup mix  
1 1/3 cups hot water  
1 tablespoon soy sauce  
1 can (11 ounce) mandarin oranges,  
drained (reserve the syrup)  
2 tablespoons cold water*

In a medium bowl, combine two tablespoons of the cornstarch with the ginger. Add the chicken. Toss to coat.

In a large skillet over high heat, heat two tablespoons of the oil. Cook the chicken, stirring constantly, for 3 minutes. Remove the chicken. Add the remaining oil. Cook the green peppers, stirring constantly, for 5 minutes.

In a medium bowl, combine the onion soup mix, hot water, soy sauce and reserved orange syrup. Stir into the skillet. Stir in the chicken. Cook over medium heat, stirring frequently, for 5 minutes. Add the oranges and remaining cornstarch mixed with cold water. Cook, stirring constantly, until the sauce thickens, about 3 minutes.

Garnish, if desired, with sliced green onions. Serve over hot, cooked rice.

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Per Serving (excluding unknown items): 173 Calories; 11g Fat (55.3% calories from fat); 2g Protein; 18g Carbohydrate; 3g Dietary Fiber; trace Cholesterol; 1135mg Sodium. Exchanges: 1 Grain(Starch); 1 Vegetable; 0 Fruit; 2 Fat.