



Orange Teriyaki Chicken



1/4th of recipe (about 3/4 cup): 202 calories, 3g total fat (0.5g sat. fat), 745mg sodium, 15g carbs, 1.5g fiber, 7g sugars, 26.5g protein

Prep: 15 minutes plus 1 hour to marinate **Cook:** 15 minutes



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Ingredients

- 1 lb. raw boneless skinless chicken breast, cut into bite-sized pieces
- 1/4 cup plus 2 tbsp. thick teriyaki marinade or sauce
- 3 tbsp. orange juice
- One 8-oz. can sliced water chestnuts, drained and chopped
- 1 cup chopped scallions
- Seasonings: garlic powder, salt, black pepper

Directions

Season chicken with 1/4 tsp. garlic powder and 1/8 tsp. each salt and pepper. Place in a large sealable container (or bag).

In a small bowl, mix 2 tbsp. teriyaki sauce with 2 tbsp. orange juice. Add to the container, and thoroughly coat chicken. Seal, and refrigerate for 1 hour.

To make the sauce, in a small bowl, mix remaining 1/4 cup teriyaki sauce with remaining 1 tbsp. orange juice.

Bring a wok (or large skillet) sprayed with nonstick spray to medium-high heat. Cook and stir marinated chicken for about 8 minutes, until fully cooked.

Reduce heat to medium. Add sauce, chopped water chestnuts, and scallions. Cook and stir until hot and well mixed, about 2 minutes.

MAKES 4 SERVINGS

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