



Orange Chicken

2 servings
20 minutes

Ingredients

- 1 tbsp Orange Zest
- 1/4 cup Orange Juice
- 1/4 tsp Garlic Powder
- 1/2 tsp Turmeric
- 1 tbsp Raw Honey
- 1 tbsp Water
- 1 tsp Arrowroot Powder
- 2 tsps Avocado Oil
- 1 lb Chicken Breast (boneless, skinless)
- 1 tbsp Cilantro (finely chopped)

Nutrition

Amount per serving	
Calories	368
Fat	11g
Saturated	2g
Carbs	14g
Fiber	1g
Sugar	11g
Protein	51g
Cholesterol	165mg
Sodium	103mg

Directions

- 1 In a small bowl, mix together the orange zest, orange juice, garlic powder, turmeric, honey, water, and arrowroot powder. Set aside.
- 2 Heat the oil in a large pan over medium heat. Add the chicken and sauté until browned on both sides, about three to five minutes on each side.
- 3 Add the orange juice mixture to the pan and reduce the heat to low. Coat the chicken well as the sauce thickens.
- 4 Add the chicken to a plate and garnish with cilantro. Enjoy!

Notes

Leftovers: Refrigerate in an airtight container for up to three days.

Serving Size: One serving is about one cup of chicken.

More Flavor: Add onion powder and/or sea salt to the sauce. Add peppers, onions, and/or broccoli.

Serve it With: Serve over top of rice, cauliflower rice, or quinoa.