

Sweet & Sour Chicken with Broccoli (with Crunch Ramen Noodles or Rice)

This easy chicken and broccoli recipe makes a delicious, healthier alternative to Chinese takeout--and it takes just 20 minutes to make, so it's ideal for an easy weeknight dinner. As an alternative to rice, use toasted ramen noodles. When toasted, ramen noodles make a tasty, crunchy topping for a stir-fry or salad.

Source: EatingWell Magazine



3 ounces dry ramen noodles or 1 cup rice
1 tablespoon canola or avocado oil
1 pound boneless, skinless chicken breasts,
trimmed and cut into 1-inch pieces
½ cup orange juice
6 cups small broccoli florets (about 12 ounces)
3 tablespoons rice vinegar

2 tablespoons low-sodium soy sauce
1 ½ tablespoons cornstarch
2 tablespoons honey
1 tablespoon finely chopped garlic
¾ teaspoon crushed red pepper
½ teaspoon kosher salt

Preheat oven to 375°.

For rice: prepare according to package instructions.

For Ramen: Crush noodles and spread on rimmed baking sheet. Bake, stirring once, until lightly browned, 7 to 9 minutes.

Meanwhile, heat oil in a large skillet over medium-high heat. Add chicken and cook until browned and cooked through, 6 to 8 minutes, stirring occasionally. Transfer the chicken to a plate. Add orange juice to the pan and cook, scraping up any browned bits, for 15 seconds. Add broccoli; cover and cook until tender, about 3 minutes.

Meanwhile, whisk vinegar, soy sauce and cornstarch in a small bowl.

Add vinegar mixture, honey, garlic, crushed red pepper and salt to the pan; bring to a boil. Cook, stirring, until the sauce is thickened, about 1 minute. Add the chicken and cook for 1 minute more. Top with the ramen noodles.

Nutrition Facts:

Serving Size: 1 1/2 cups **Per Serving:**

322 calories; protein 29.4g; carbohydrates 38.2g; dietary fiber 5.6g; sugars 12.9g; fat 7.1g; saturated fat 1.1g; cholesterol 78.7mg; vitamin a iu 3413.3IU; vitamin c 116.2mg; folate 88.5mcg; calcium 75.9mg; iron 2.9mg; magnesium 55.9mg; potassium 638.6mg; sodium 617.7mg; added sugar 9g.

Exchanges: 3 1/2 lean protein, 1 1/2 vegetable, 1 fat, 1 starch, 1/2 other carbohydrate