



# THE HEALTHIEST ORANGE CHICKEN DINNER

(DF, GF)

## INGREDIENTS

### Ingredients:

- 1-2 lbs. chicken breasts, cut into strips (I used organic)
- 1 lb. brussels sprouts, rinsed and halved
- 3 tablespoons olive oil, divided
- sea salt and pepper, for seasoning

### Orange Sauce:

- 1/2 cup low sodium vegetable broth
- 1 cup orange juice (either bottled OR fresh juice from 4-5 oranges)
- 1 orange (for the zest and juice)
- 1/2 cup coconut sugar
- 1/3 cup seasoned rice vinegar
- 1/4 cup coconut aminos
- 2 cloves of garlic, pressed
- 1/4 teaspoon ginger (powdered)
- 1 teaspoon sriracha or hot sauce
- 2 tablespoons corn starch or arrowroot powder

Optional: Cooked cauliflower rice (I purchased mine frozen and cooked it in microwave according to the package directions).

## DIRECTIONS

### How-to:

1. *Make the orange sauce: Place the vegetable broth, orange juice, sugar, rice vinegar, coconut aminos, pressed garlic, ginger and sriracha into a medium sized sauce pan. Zest the entire orange into the mixture (use a zester or a small-holed cheese grater) and stir to combine.*
2. *Cook on high heat until it boils (3-5 minutes). While waiting for it to boil, squeeze the orange you zested into a small mixing bowl (about 1/4 cup of juice). Add 2 tablespoons cornstarch (or arrowroot powder) to the juice and whisk to combine.*
3. *Once the sauce boils, lower the heat to medium high and add the cornstarch (or arrowroot powder) and juice mixture. Heat until the sauce thickens, about 3-5 minutes. Remove from heat, cover and set aside.*
4. *Heat the oven to 400 degrees (F). Line a baking tray with parchment paper. Set aside.*
5. *Rinse the brussels sprouts and slice in half. Place on a baking tray and drizzle with two tablespoons olive oil and sprinkle with sea salt and pepper. Roast in the oven for 25-30 minutes, tossing them at the half-way roasting point.*
6. *Cut the chicken into strips and season with sea salt and pepper. Heat the remaining 1 tablespoon olive oil in a skillet or grill pan on medium heat. Add the chicken and cook on each side 10-15 minutes or until golden brown and no longer pink on the inside.*
7. *Cook the cauliflower rice if using.*
8. *To serve: Either toss the chicken in the sauce OR serve the sauce on the side OR drizzle it over the chicken. Serve on top of the optional cauliflower rice and on the side of some roasted brussels sprouts Eat and enjoy!*

### Tips and Tricks:

- *I found all my ingredients at Whole Foods but know most large grocery stores carry everything listed in the recipe*
- *Don't like cauliflower rice? Use a grain of your choice instead if you aren't on a paleo diet.*
- *Don't like brussels sprouts? Try another green vegetable like broccoli.*
- *Store leftovers in sealed containers in the refrigerator.*

**PREP TIME: 15 MIN**

**COOK TIME: 30 MIN**

**TOTAL TIME: 45 MIN**

**RECIPE BY: CAROLYN J. BRADEN**

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