

Orange, Chicken and Vegetable Stir-Fry

- 3 ounces skinless, boneless chicken breasts, diced
- 1/2 cup bell pepper, diced
- 1/2 cup broccoli head, cut into florets
- 1/2 cup zucchini, sliced
- 1/2 cup onion, diced
- 1 teaspoon coconut oil

Orange Sauce:

- 1/2 cup fresh orange, juiced
- 1/4 cup chicken stock
- 2 garlic cloves, minced
- 1 tablespoon orange zest
- 3 tablespoons Bragg's Liquid Aminos
- 1/4 teaspoon ground ginger
- A pinch red pepper flakes (optional)

1. In a bowl, stir together the chicken stock, orange zest, orange juiced, Bragg's liquid aminos, ginger, garlic, and red pepper flakes.
2. Heat the coconut oil in a skillet over medium heat.
3. Add the chicken pieces to the skillet. Cook for 6-8 minutes, until cooked through and browned on the outside, and set aside.
4. Place all the vegetables in the skillet and cook until they start to soften.
5. Pour the sauce into the skillet, making sure to scrape the bottom of the pan, and bring to a soft boil.
6. Lower the heat and return the chicken to the pan. Stir everything to combine and serve hot. Enjoy!

This recipe makes 1 serving. This equates to the serving having 3 ounces of protein, 2 servings of vegetables, and 1 serving of Essential Fatty Acid on the IHC plan.

