



## TEACHING KITCHEN **VIRTUAL WELLNESS** *Series*

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**August 16, 2022 • noon–12:30 p.m. EST**

Join April Rozzo, FCS Clinical Oncology Dietitian, for a hands-on session preparing one of her favorite healthy eating recipes.

### **ORANGE CHICKEN STIR FRY**

#### **Ingredients/Shopping List**

##### **For the stir fry:**

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|--|--|
| 1 lb. boneless skinless chicken breast cut into bite-size pieces | 2 cups chopped vegetables (such as broccoli, snap peas, carrots, bell peppers) |
| ¼ cup cornstarch   | 2 tablespoons cooking oil  |

##### **For the sauce:**

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|--|--|--------------------------------------|
| 2 tablespoons reduced sodium soy sauce     | 1 teaspoon grated or minced fresh ginger   | ½ teaspoon crushed red pepper flakes |
| ½ cup orange juice, plus 1 tablespoon zest | 1 teaspoon minced garlic (1-2 cloves)  | 1 tablespoon rice wine vinegar       |
| 2 tablespoons honey                        | 1 bunch (4 stalks) green onions or scallions chopped (green and white parts separated) | 1 teaspoon cornstarch                |
| ¼ teaspoon salt                            |  | 1 teaspoon water                     |
| 2 tablespoons sesame oil                   |  |                                      |

#### **Instructions**

1. In a small bowl, combine soy sauce, orange juice, zest, honey and salt. Set aside. Mix 1 teaspoon cornstarch with 1 teaspoon water and set aside.
2. Add 1-2 tablespoons cooking oil to a large skillet on medium-high heat. Toss chicken with ¼ cup cornstarch and cook, turning every few minutes to brown on all sides, about 8-10 minutes. Transfer chicken to a plate and set aside.
3. Add 1 tablespoon cooking oil to the skillet and add chopped vegetables. Stir fry on medium high heat about 3-5 minutes.
4. Move veggies to one side of the skillet. Add sesame oil to the skillet and sauté the white scallions, ginger, garlic and crushed red pepper flakes a few seconds, just until fragrant. Add the orange juice mixture, rice wine vinegar and chicken. Stir all ingredients in the skillet to mix well.
5. When the sauce is starting to boil, add the cornstarch slurry. Cook, stirring frequently until sauce thickens.

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