

Chicken

General Tso's Chicken

Liz Weiss and Janice Newell Bissex - "No Whine with Dinner"
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Servings: 4

Preparation Time: 15 minutes

Cook time: 10 minutes

1 egg white

5 tablespoons cornstarch, divided

1 tablespoon plus 2 1/2 teaspoons (equals 5 1/2 teaspoons total) reduced-sodium soy sauce, divided

1 teaspoon ground ginger, divided

1 pound skinless/ boneless chicken breasts, cut into 3/4-inch pieces

1 teaspoon sesame oil

1 1/2 teaspoons honey

1 1/2 teaspoons rice vinegar

3 tablespoons vegetable oil

1 bunch scallions, thinly sliced

2 cloves garlic, finely chopped

1 head steamed broccoli (for serving)

2 cups cooked brown rice (for serving)

In a medium bowl, whisk together the egg white, 4 tablespoons of cornstarch, 1 teaspoon of soy sauce and 1/2 teaspoon of ginger. Stir in the chicken until evenly coated.

In a small bowl, combine the sesame oil and the remaining 1 1/2 tablespoons (4 1/2 teaspoons) of soy sauce, 1 tablespoon of cornstarch and 1/2 teaspoon of ginger. Stir in the honey and vinegar.

Heat a wok or large, heavy skillet over medium-high heat for 2 minutes. Add 1 1/2 tablespoons of vegetable oil and swirl to coat. Carefully add half of the chicken pieces in a single layer. Cook, turning once, until the meat is no longer pink, about 5 minutes. Using a slotted spoon, transfer the chicken to a plate. Repeat with the remaining 1 1/2 tablespoon of vegetable oil and chicken.

Discard the excess oil from the wok (about 1/2 tablespoon). Add the scallions and garlic. Stir-fry for 1 minute. Stir in the sesame oil mixture. Return the chicken to the pan and cook, stirring, until the sauce is thick and the chicken is cooked through, 1 to 2 minutes.

Serve with the broccoli and brown rice.

Per Serving (excluding unknown items): 156 Calories; 11g Fat (65.2% calories from fat); 1g Protein; 13g Carbohydrate; trace Dietary Fiber; 0mg Cholesterol; 16mg Sodium. Exchanges: 1/2 Grain(Starch); 0 Lean Meat; 0 Vegetable; 2 1/2 Fat; 0 Other Carbohydrates.