



# Orange Chicken Stir-Fry

**YIELD: 4 SERVINGS (½ CUP RICE AND  
1 ½ CUPS CHICKEN MIXTURE PER  
SERVING)**

## **INGREDIENTS**

- 2/3 cup orange juice
- 1/3 cup low sodium soy sauce
- 1 tablespoon plus 1 teaspoon cornstarch
- ½ teaspoon dried crushed red pepper
- Cooking Spray
- 4 green onions cut into 1-inch pieces
- 1 cup baby carrots cut lengthwise into quarters
- 3 cups broccoli flowerets
- 2 teaspoons vegetable oil
- 1 pound skinned boned chicken breast halves cut into 1 ½ inch pieces
- 1 tablespoon peeled grated ginger root
- 3 cloves
- Garlic minced
- 1 (8 ounce) can sliced water chestnuts drained
- 2 cups hot cooked brown rice (cooked without salt or fat)

## **DIRECTIONS**

1. Combine first 5 ingredients stirring well. Set aside
2. Coat a large nonstick or work with cooking spray; place over medium high heat until hot. Add green onions and carrot; stir fry 2 minutes. Add broccoli; stir fry 3 minutes or until vegetables are crisp tender. Remove vegetables from skillet. *(cont. on back)*

3. Add oil to skillet; place over medium high heat until hot. Add chicken, ginger root, and garlic; stir fry 8 minutes or until chicken is done. Add orange juice mixture to skillet; cook until sauce is thickened and bubbly. Return vegetables to skillet, stir in water chestnuts. Cook until thoroughly heated. Serve over rice.

# Lemon Garlic Sautéed Cabbage

**YIELDS: 4 SERVINGS**

## INGREDIENTS

- 2 pounds white cabbage, core removed and shredded (10 cups)
- 1 ½ tablespoons extra-virgin olive oil
- 1 tablespoon garlic, minced
- Pinch crushed red pepper flakes
- ½ teaspoon fine sea salt or more to taste
- Half of a lemon, cut into wedges

## DIRECTIONS

1. Heat the olive oil in a large skillet or Dutch oven over medium-high heat. Add the cabbage, garlic, red pepper flakes, and the salt. It might seem like too much cabbage for the pan, but as it cooks, the cabbage will wilt down.
2. Cook, stirring occasionally until the cabbage is tender and some of the cabbage begins to turn a light brown; 10 to 15 minutes. Squeeze the juice from 2 lemon wedges over the cabbage. Taste then adjust with more salt, pepper, and lemon juice as needed.



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