



GENERAL TSO'S CHICKEN

This Spicy, Savory, Sweet & Tangy Dish Is A Favorite At Chinese Restaurants Across America

General Tso's Chicken isn't a 'true' Chinese recipe. It wasn't invented in a monastery, by a Shoalin Monk... but one bite will make you think this dish's Kung Fu is strong.

Think of this as a sweet cousin to Kung Pao chicken, but breaded. It's a bit spicy, but has a good balance between spicy, sweet, savory and sour.

Servings Info.:

Yields: 6 cups
 Servings: 6
 Serving Size: 1 cup



*- last checked 11/22/22 -
 Use your mobile device's 'Camera' App to
 look at this code for nutritional info.*

Ingredients:

Chicken:

- 1-3/4 pounds boneless skinless chicken breast, or chicken breast tenderloins, cut into bite sized chunks.
- 1/2 tsp baking soda, dissolved in 1 Tbsp water
- 2 large eggs, whisked together... will be used in step **3B**.

Breading:

- 2 cups rice krispies cereal, measured then lightly crushed
- 1/4 cup panko breadcrumbs
- 1-1/2 tsp flour (any type you want)

General Tso's Sauce & Glaze:

- 1 cup fat free chicken broth
- 3 Tbsp cornstarch, stirred into the broth, till dissolved
- 3 Tbsp PLUS 1 tsp low sodium soy sauce
- 1 Tbsp 'dark' soy sauce
- 4 Tbsp rice vinegar
- 1-1/2 tsp balsamic vinegar (see notes)
- 2 to 3 Tbsp Asian chili sauce (I used Huy Fong chili garlic)
- 4 Tbsp 0 point sweetener o' choice (I used monkfruit)
- 1 Tbsp no sugar added ketchup, OR tomato sauce
- 2 tsp paprika... No, really, I'm serious. (see notes)
- 2 tsp ginger, minced
- 4 medium garlic cloves, minced
- 1 tsp sesame seeds, for garnish

Directions:

1. Marinate the chicken pieces with the baking soda solution for 20 to 30 minutes.
2. Crush the rice krispies till they are the consistency of regular breadcrumbs, set aside.



3. **(A)** Heat a pan over medium heat for 1 minute, then add all breading ingredients. Toast for 3-4 minutes, or until the crumbs are a nice, uniformly golden color. Remove from pan and set aside, letting the crumbs cool to room temperature. **(B)** Place the whisked eggs into the bowl with the chicken pieces, mix to combine. **(C)** Place the toasted crumbs in a bowl, then place the chicken chunks, ONE AT A TIME, into the crumbs. Use a fork to lightly coat each chunk with the breading. **(D)** Place the lightly breaded chicken pieces onto 2 large baking pans, covered with foil and sprayed with a light coat of cooking spray.

4. Mix all of the sauce ingredients together, in a bowl, till well combined. Set aside. Preheat oven to 425 degrees.



5. **(A)** Place the chicken into the oven and bake for 15 minutes. Remove chicken from oven, flip each piece over, then return to oven. Bake for an additional 5-7 minutes, till the chicken is cooked through. Remove and let cool on counter for 5 minutes. **(B)** Heat a LARGE pan over high heat for 1 minute. Stir the sauce again, then pour it into the hot pan. Begin stirring continuously. **(C)** The sauce should begin to thicken almost immediately. Once it gets to the consistency of maple syrup. **(D)** Add the chicken into the pan and toss till completely coated. Slather it up like a cast member of Jersey Shore putting on suntan lotion. Serve immediately. Garnish with sesame seeds.

NOTES & SUGGESTIONS:

- **BREADING:** I strongly advise you NOT to dumping all of the breading and chicken into a ziplock bag, then shake it all up. It does NOT work. It takes time, but you need to bread the chicken one piece at a time. It took me around 15 minutes.
- **CRISPINESS:** Though this is a good, healthy alternative to restaurant style deep fried chicken breast pieces, the breading on this chicken WILL lose its crunchiness after being coated with the sauce for a few minutes. Just like chicken Parmesan does. Once your breading begins to absorb the sauce, it'll eventually lose its crunchy exterior. For this dish, toss the chicken into the sauce and serve within a few minutes.
- **BREAD CRUMBS INSTEAD OF RICE KRISPIES:** If you have access to 1 point per slice bread, instead of using my 'breading 2.0' recipe, for the crumbs... you can make a batch of my low point bread crumbs, from pg. 16. It makes enough real breadcrumbs to double-bread all the chicken for the same points. You'll just need an extra egg or two for the egg wash. But, the chicken will be CRAZY crunchy.
- **BALSAMIC!?:** Traditional recipes call for using 'Chinkiang' vinegar. An easy substitution for it is mixing a little balsamic with a some rice vinegar. So, that's what we're doing here.
- **KETCHUP & PAPRIKA!?!?:** In order to get a dark, deep reddish color for the sauce, I'm adding a 0 point amount of no sugar added ketchup, as well as paprika. You can also use canned tomato sauce instead of the ketchup. See that deep red color in my pics? That's from the ketchup, paprika and Asian chili sauce. Without them, the sauce would be dark brown.
- **DARK SOY SAUCE:** I used 'Sushi Chef' brand, for calculating points.
- **HEAT:** You can customize the spice level of this dish by increasing/decreasing the Asian chili sauce.

