# Orange Chicken

A low point copycat recipe of the Panda Express entree

Like most of the human race, I loooove Panda’s orange chicken, but what I don’t love, is the insane amount of points, fat and calories it has. In this skinned down version, we’re modifying the traditional recipes for both “General Tso’s” and Panda’s “Orange Chicken” sauces, combining them together, then WW-ifying them into one Kung Fu Master level sauce o’ awesome.

## Servings Info.: Points:

<table>
<thead>
<tr>
<th>Yields: 4 cups</th>
<th>Points:</th>
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<tbody>
<tr>
<td>1 serving = 4</td>
<td>1</td>
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<tr>
<td>2 servings = 7</td>
<td>3</td>
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<tr>
<td>3 servings = 11</td>
<td>4</td>
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<tr>
<td>4 servings = 14</td>
<td>5</td>
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## Ingredients:

**Chicken:**
- 1.5 pounds boneless skinless chicken breast, or chicken breast tenderloins, cut into bite sized chunks.
- 1 batch of my “low point breading 2.0” recipe. It can be found in my “Cookbook: Volume 1”, on pg. 35.

**Orange Sauce & Glaze:**
- 1/4 cup orange juice, some pulp.
- 1/2 cup water
- 1-1/2 tsp cornstarch
- 3 Tbsp reduced sodium soy sauce
- 4 Tbsp 0 point sweetener o’ choice
- 2 medium garlic cloves, minced
- 1 Tbsp orange zest/peel, finely chopped (Yes... go buy an orange, Nancy.)
- 1 tsp ginger root, finely chopped/minced
- 1/8 to 1/4 tsp red pepper flakes, to taste.
- 1 Tbsp sugar free syrup (pancake syrup)
- 1/4 tsp black pepper

**Additional Ingredients:**
- 1 tsp sesame seeds, toasted, for garnish.
- (optional) 1 green onion, thin sliced at an angle, for garnish.
- (optional) 0 point veggies, to stretch it out (see notes)**

## Directions:

1. Mix all of the Sauce ingredients together in a bowl, till well combined. Set aside.

2. Preheat oven to 425 degrees. Line a large pan with foil, then spray with cooking spray. Set aside.

3. (A) Cut chicken into bite sized chunks. (B) Dip pieces in egg mixture, making sure to allow extra egg to drip off of the chicken. You just want the pieces to be lightly covered. (C) Place dipped chicken, ONE PIECE AT A TIME, into the breading and lightly coat. Do not attempt to dump it all in a bag, like shake n’ bake, you’ll end up with a bag of mush. Bread these one at a time. Set breaded chicken onto pan, repeat. (D) Spray breaded chicken with cooking spray. Bake 14 minutes, then remove from oven. Flip the chicken pieces over, then bake 5 more minutes. Done.
4. Heat the sesame seeds in a small pan, over medium heat, till lightly browned and toasted. 2-3 minutes. Set aside, for garnish.

5. **(A)** Heat a large pan over medium heat, then pour the sauce into the pan. **(B)** Crank up the heat to medium-high and bring the sauce to a rolling boil for 1 minute, or until it begins to thicken. Stir with a rubber spatula to ensure it doesn’t burn. **(C)** Once the sauce begins to thicken, add all of the baked chicken breast pieces to the pan. **(D)** Gently coat the chicken with the sauce, till completely covered. Serve with toasted sesame seeds and thin sliced green onions, for garnish.

**NOTES & SUGGESTIONS:**

- **BREADING:** I strongly advise you NOT to try 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 12 minutes.

- **GREENIES:** For you folks on the GREEN PLAN, instead of using whole eggs for the breading, use 2 egg whites, it will drastically lower the points per serving. If you use egg whites, this recipe becomes: 1 serving for 3 points, 2 servings for 5 points, 3 servings for 8 points and 4 servings for 10 points. That’s a big difference.

- **CRISPINESS:** Though this is a good, healthy alternative to restaurant style deep fried chicken breast pieces, the breading on this chicken WILL lose its crispiness after being coated with the sauce for a few minutes. Just like chicken Parmesan, once your breading begins to absorb the sauce, it will eventually lose its crunchy exterior. For this dish, toss the chicken into the hot sauce right before serving, to ensure the crisp texture lasts for as long as possible.

- **VEGGIES:** This only makes around 4 cups of breaded and glazed orange chicken. That’s fine, but I’d highly recommend plating it with steamed or sauteed veggies, to ‘stretch it out’. I steamed a 1-1/2 lb bag of broccoli and served it all as a large, restaurant style platter, which increases the number of servings you can get out of the recipe, as well as the size of the servings.

- **SESAME SEEDS:** A reminder for folks who aren’t familiar with the database difference. In the WW database, 1 tsp of sesame seeds is 1 point, however, 1 tsp of TOASTED sesame seeds is 0 points. Hence, why whenever my recipes use sesame seeds for garnish, they are always toasted.

- **POINTS:** The regular “Orange Chicken” entree at Panda Express is 16 points for one serving. My version is 1 point on Blue & Purple. Let this be yet another example of how you can eat absolutely ANYTHING in WW, without any regret. It just requires cooking a little differently.