



Oriental Orange Dinner

Do you feel like having take out tonight? Would you like to “shake-up” your taste buds? Here’s an easy oriental style sweet and spicy dish. It has a citrus zing and is loaded with veggies and turkey or chicken shreds. This sweet & spicy meal is SO easy to prepare that unless you live right next door to a take-out restaurant, you will be having dinner before you could open up all those cute folded boxes.

Ingredients

1 large navel orange
(Zest of the orange used above)
1/2 cup rice
1 tablespoon dry chia
2-3 cups of pre-cooked chicken or turkey shredded into bit size pieces
Broccoli slaw (a generous handful)

Seasonings

½ teaspoon grated fresh ginger
1 tablespoon brown sugar
2 tablespoons balsamic vinegar
2 tablespoons soy sauce
2 cloves garlic, minced
Dash of red pepper flakes
1 tablespoon of OJ concentrate

You Choose the Vegetables: Select what you or your family likes the best, such as: zucchini or winter squash, broccoli, cauliflower, carrot, jicama or snow peas

This recipe makes 2 servings but is easily doubled.

Start by preparing the amount of rice you would like to serve under your dinner. (about a half cup, per 2 servings) Add ¼ cup extra water, 1 tablespoon of OJ concentrate, ½ of the zest from the orange and a tablespoon of chia. The chia & orange concentrate with the zest will create tasty flavored rice!

While the rice is simmering, section the orange and reserve the juice in a small measuring cup. Grate the ginger, and mince the garlic and add it to the measuring cup. Add the brown sugar, vinegar and soy sauce then a dash of red pepper flakes. Stir to combine.

Cut your veggies of choice and shred the precooked chicken or turkey. (This is super for if you have leftover meat from a rotisserie chicken, or big turkey dinner) In a small skillet, warm the “sauce” mixed in the measuring cup earlier, then add the chicken, veggies and orange sections. Stir to warm and coat.

We made this recipe from some of our left- over turkey from Thanksgiving. It is lovely to have a “traditional” thanksgiving dinner and left overs the next night. The oriental style dish with its crunch, and zippy change of taste is very refreshing.