

SUPER SPEAR AND ORANGE STIR-FRY

Course: Lunch or Dinner
Prep. Time: 25 minutes
Servings: 8
CACFP: 2/3 C. vegetable & 2 oz. meat



INGREDIENTS

- 1 lb. boneless skinless chicken breast or tenders, diced into chunks
- 1 Tbsp extra-virgin olive oil, divided
- 3 C. asparagus, ends trimmed and cut into 1-inch pieces
- 1 small yellow onion, sliced into thin strips
- 2 ½ C. button mushrooms, sliced
- 1 Tbsp fresh ginger, freshly grated
- 4 cloves garlic, minced
- ½ C. low-sodium chicken broth
- 3 fresh oranges, 2 juiced, 1 peeled and divided for stir-fry
- 2 Tbsp sugar
- 2 Tbsp cornstarch

INSTRUCTIONS

1. In a 12-inch wok or skillet, heat ½ of the oil over medium-high heat. Add chicken and season lightly with salt and pepper. Sauté until cooked through, tossing occasionally, about 5-6 minutes.
2. While chicken is cooking, whisk together chicken broth, orange juice, sugar and cornstarch until well blended, and reserve for step seven.
3. Remove cooked chicken from skillet, placing in a bowl for use in step nine.
4. Return wok or skillet to heat and add remaining oil.
5. Sauté asparagus, mushrooms, and onion for about four minutes.
6. Add garlic and ginger. Sauté for one minute longer or until veggies are tender but crisp.
7. Pour sauté sauce from step two into skillet with veggies, season with salt and pepper to taste, and bring it to a light boil, stirring constantly.
8. Allow mixture to boil gently, stirring constantly, for about one minute, until thickened.
9. Toss chicken and orange slices into mixture.