

SPOTLIGHT RECIPE



ASIAN CHICKEN WITH ORANGE SAUCE

- Heat a regular oven to 375 F, convection oven to 325 F.
- Place the chicken breasts in a baking pan. Brush with the oil.
- Combine the white pepper, onion powder and garlic, and sprinkle over the chicken breasts. Combine the water and chicken base to make the stock. Add the chicken stock to the baking pan
- Bake until the internal temperature of the chicken reaches 165 F (regular oven, 40 to 45 minutes; convection oven, 30 to 35 minutes).
- Steam the onions and the celery for 10 minutes and drain. Place the vegetables in the bottom of the baking pan. Place the chicken breasts on top.
- Drain the oranges, reserving the juice. Set the oranges aside.
- Combine the juice from the oranges, the mustard, ketchup, vinegar, cornstarch, cinnamon, cloves and brown sugar to make the sauce.
- Heat until thickened. Just before serving, add the reserved mandarin orange juice to the sauce. Stir only to combine. Do not overstir. Heat until the internal temperature reaches 165 F. Pour the sauce over the chicken breasts and serve.

Ingredients

Servings: 12

- 12 boneless, skinless chicken breasts
- 2 tablespoons corn oil
- 1/2 teaspoon white pepper
- 1/2 teaspoon onion powder
- 1/4 teaspoon granulated garlic
- 1 1/4 cups water
- 1 1/2 teaspoons low-sodium chicken base
- 2 ounces onions, 1/2-inch cubed
- 2 ounces celery, 1/2-inch cubed
- 1/4 can No. 10 mandarin orange sections, including liquids
- 1 1/2 ounces yellow mustard
- 4 ounces ketchup
- 1 1/2 ounces white vinegar
- 1 tablespoon cornstarch
- 1 1/2 teaspoons ground cinnamon
- 1/2 teaspoon ground cloves
- 2 ounces light brown sugar

Side dishes

- Steamed Rice
- Asian Vegetable Blend

