

Asian Chicken & Orange Packets

Ingredients:

- 1 1/2 pounds chicken breast, skinless, boneless
- 1 head broccoli
- 1 onion
- 2 carrots
- 2 cups instant brown rice
- 1/2 teaspoon black pepper
- 1/4 cup low sodium teriyaki sauce
- 1/4 cup orange marmalade
- 12 cubes ice
- 1 1/2 cups water

Equipment:

- Cutting board
- Knife
- Measuring cups
- Measuring spoons
- Aluminum foil
- Number of Servings: 6
- Prep Time: 15 minutes
- Total Time: 40 minutes

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Directions

1. Preheat oven to 450°F.
2. Using a cutting board, cut chicken into bite size pieces, cutting off any fat or skin that you see. Set aside in a bowl. Be sure to clean cutting board after use.
3. Hold broccoli by the stalk and turn upside down on a cutting board. Cut off the branches, turning the stalk to reach the next branch, until all the flowers are gone. Chop up the stalk into bite size pieces, and throw away the tough parts.
4. Wash a carrot and place it on a cutting board. Cut off both ends. Starting at the small end, slice into thin slices.
5. Cut the ends off of the onion, and peel off the brown layers. Run under water to remove any dirt. Cut the onion in half lengthwise, and place the flat side on the cutting board. Slice across the onion, from one side to the other, then lay the slices on their side, and slice from the widest side to the smallest, across the onion. Chop up any large pieces.
6. Tear off six large squares of aluminum foil to make into packets and place on table. Measure 1/3 cup of instant rice on each square. Place 1/6 of sliced chicken on rice. Season with pepper. Evenly share vegetables on top of chicken among packets.
7. Drizzle 1/2 tablespoon teriyaki sauce and 1/2 tablespoon orange marmalade over each packet. Place two ice cubes on top of each packet. Fold edges up and add 1/4 cup water to each packet. Fold remaining edges together to form air tight container.
8. Place all packets in baking pan and bake for 20 to 25 minutes. Open and serve.

Nutrition Facts

Serving Size: 1 packet
 Servings: 6

Amount Per Serving	
Calories 379	Calories from Fat 27
%Daily Value*	
Total Fat 3	5%
Saturated Fat 1g	4%
Cholesterol 69mg	23%
Sodium 525mg	22%
Total Carbohydrate 56g	22%
Dietary Fiber 7g	28%
Protein 32g	65%
Vitamin A 196%	Vitamin C 164%
Iron 22%	Calcium 6%

* Percent Daily Values are based on a 2,000 calorie diet.

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