

Senior Festive Foods for Health

Sesame Chicken with Broccoli over Rice

You'll Need:

- 1 cup of dry jasmine rice
- 12 ounces boneless chicken breast strips
- 4 cups broccoli Florets

Marinade

- 2 tablespoons light soy sauce
- 2 tablespoons water
- 1 teaspoon vegetable oil
- 2 tablespoons flour
- 2 tablespoons cornstarch
- ¼ teaspoon baking powder
- ¼ teaspoon baking soda

Sauce for Sesame Chicken:

- 1/4 cup water
- 1 cup reduced sodium chicken broth
- 1/8 cup vinegar
- 2 tablespoons light soy sauce
- 1 teaspoon minced garlic
- ¼ cup cornstarch
- ¾ cup sugar
- ¼ teaspoon red pepper

Other:

- 2 tablespoons toasted sesame seeds
- 2 tablespoons peanut oil for pan frying

Take Out:

- Medium sauce pan with lid
- Dry measuring cups
- Liquid measuring cup
- Measuring spoons
- 1 small mixing bowl
- 2 medium mixing bowls
- Wisk
- Large non-stick skillet
- Spatula
- Cutting board
- Knife
- Platter
- Small sauce pan
- Wooden spoon
- Paper towels

Wash your hands for at least 20 seconds with soap under warm running water. Clean and sanitize the bowl, utensils, and any other surface that may have come in contact with the chicken.

1. Cook rice in saucepan according to package directions.
2. In a medium bowl, mix marinade ingredients and set aside.
3. Remove chicken from package and cut the chicken into 1-inch cubes then add to marinade and toss. Allow chicken to marinate for 20 minutes.
4. While chicken is marinating, cut broccoli into florets, wash, and set aside in other medium mixing bowl.
5. To prepare the sauce: In the small bowl mix together all of the wet sauce ingredients then add the dry and wisk together.
6. Pour sauce into the small sauce pan and bring to a boil, while stirring continuously. Turn the heat down to low and keep warm while you are pan frying the chicken.

7. To pan-fry the chicken: Preheat the skillet and the peanut oil. Add the marinated chicken pieces and toss in skillet until golden brown. Drain on paper towels.
8. Toss broccoli in same skillet briefly until slightly tender but still crisp (add ¼ cup of water)
9. Place rice on platter then add chicken and broccoli.
10. Drizzle sauce over chicken and broccoli. Keep warm.
11. Clean skillet and toast sesame seeds stirring constantly. Sprinkle on chicken and broccoli.

Nutrient Analysis if 4 servings:

Calories: 588	Carbohydrate: 95 grams	Protein: 27 grams
Fat: 11 grams	Saturated fat: 2 grams	Cholesterol: 44 milligrams
Sodium: 837 milligrams	Dietary fiber: 1 gram	

Nutrient analysis If 6 servings:

Calories: 392	Carbohydrate: 63 grams	Protein: 18 grams
Fat: 7 grams	Saturated fat: 1 gram	Cholesterol: 29 milligrams
Sodium: 558 milligrams	Dietary fiber: 0.5 grams	