



Baked General Tso's Chicken

Ingredients:

- 2 tbsp. soy sauce
- 3 large eggs
- 3 bags Diet Right Ranch Balls crushed
- 1 lb. boneless, skinless chicken breast, cut into cubes

Sauce:

- ¾ cup low-sodium chicken broth
- 3 tbsp. hoisin sauce
- 2 tbsp. rice wine vinegar
- 2 tbsp. soy sauce
- 2 tsp. sriracha
- 2 tsp. cornstarch
- 2 tsp. sesame oil
- 1 tsp. grated ginger
- Red pepper flakes to taste
- 2 cloves minced garlic
- Cooked cauliflower rice or Palmini rice for serving
- Sliced scallion greens, for garnish

Directions:

1. For the crispy chicken – preheat the oven to 425°F. Set a rack on a sheet tray and spray with olive oil cooking spray.
2. Place crushed Ranch Balls in a wide shallow dish. Whisk together soy sauce and eggs in another shallow dish.
3. Working in batches, dip the chicken pieces first into the egg mixture, then the crushed Ranch balls to create a coating. Repeat this for extra crispiness.
4. Place chicken pieces on the rack, leaving space between each piece. Spray with olive oil cooking spray. Bake until crispy and golden brown, about 15 minutes.
5. For the sauce – whisk together chicken broth, hoisin, rice wine vinegar, soy sauce, sriracha and cornstarch; set aside.
6. Place a large sauté pan over medium heat and add the sesame oil. Add the ginger, pepper flakes and garlic and cook until fragrant, about 1 minute. Add the rice wine mixture, bring to a simmer, and allow to thicken. Add the crispy chicken and toss to coat. Serve immediately with cauliflower rice and garnish with sliced scallions.

Servings: makes 3 servings.

Each serving = 6 oz. lean protein, 1 protein product, 1 serving healthy fat.

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