

Orange chicken + broccoli

- 1 bag frozen popcorn chicken
- 1 onion, chopped
- 1 green pepper, chopped
- 1 cup broccoli, thawed
- vegetable oil
- 1 cup Orange Sauce
- cooked rice



Step 1

- Pre-heat oven to 425F. Lay popcorn in a single layer on a sheet pan. Bake for 8-10 minutes or until the internal temperature reaches 165F for 15 seconds. Set aside in a covered container.

Step 2

- Cook the onion, green pepper, and broccoli in a skillet with a little vegetable oil. Cook until tender-crisp approximately 5-10 minutes.

Step 3

- Add 1 cup of orange sauce, to vegetables and heat thru on low about 3-5 minutes. Add the chicken to the skillet and stir to combine. Serve over rice.

Lemon Brown Rice

- 2 tablespoons unsalted butter
- 1 green onion finely chopped
- 1 1/2 cups brown rice
- 3 cups vegetable stock
- Salt
- Black pepper
- 2 tablespoons olive oil
- 1 tablespoon garlic, minced
- 2 tablespoons fresh lemon juice



Step 1

- In a large sauce pan, melt the butter. Add the green onion and cook over moderate heat, stirring occasionally until softened, about 5 minutes. Add the rice and cook, stirring, for 3 minutes. Add the stock, salt, and pepper and bring to a boil. Cover and simmer over low heat until the broth is absorbed and the rice is tender, about 45 minutes. Remove from heat and let stand, covered, for 10 minutes. Fluff with a fork.

Step 2

- In a skillet, heat the oil and garlic over moderately low heat. Cook until garlic is just beginning to brown, about 3 minutes.

Step 3

- Remove from heat and add lemon juice. Season with salt and pepper. Toss with cooked rice and serve.