**Orange Teriyaki Chicken**

**Rice**

1 ½ cups long grain rice

2 ¾ cups water

**Sauce**

1/4 cup (59 ml) low-sodium soy sauce

1 Tbs. cornstarch

1/3 cup (79 ml) fresh orange juice (about 3 small oranges)

2 tablespoons cooking sherry OR 1 Tbsp. of rice vinegar

3 tablespoons honey

2 teaspoons finely grated fresh ginger

1 clove garlic, minced

1 teaspoon toasted sesame oil

2 teaspoons orange zest

**Chicken and Veggies**

2 Tbsp. oil

¼ onion, thinly sliced

1 cup broccoli florets, cut and steamed until tender

1 chicken breast, cut into bite sized pieces

Salt and pepper to taste

**Directions**

**For the Rice:**

Combine rice and water in a large saucepot. Bring to a boil, then reduce to a simmer and cover with the lid. Let the rice cook for 15 minutes over medium heat with the lid on. Turn the heat off and let the rice sit with the lid on for 5 more minutes. Fluff with a fork before serving.

**For the Sauce:**

Combine all the sauce ingredients and whisk or blend until smooth.

**For the Stir Fry:**

Preheat a large skillet over medium heat and add oil. Saute the onions until slightly golden and soft. Add the chicken and a sprinkle of salt and pepper, and continue to saute until the chicken is no longer pink in the center. Add the broccoli and stir to heath through. Add the sauce and bring to a simmer. Turn off the heat and serve over cooked rice.