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Spicy Orange Chicken Lo Mein

Recipe courtesy Juan Carlos Cruz

Show: [Calorie Commando](#)

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If you are serving other foods or eating it as an appetizer, this dish serves 8 people. If you are eating this as a main dish, this dish serves 4 people.

If you are serving other foods or eating it as an appetizer, this dish serves 8 people. If you are eating this as a main dish, this dish serves 4 people.

- 1 pound boneless skinless chicken breasts, sliced
- 1 cup frozen orange juice concentrate, thawed, plus 1/4 cup, thawed
- 3 tablespoons cornstarch
- 2 teaspoons chili garlic sauce
- 1 tablespoon grated ginger
- 8 ounces lo mein noodles
- 1/2 cup chicken stock
- 1/3 cup prepared oyster sauce
- 2 tablespoons peanut oil, divided
- 1/2 red pepper, thinly sliced

Recipe Summary

Difficulty: Easy

Prep Time: 30 minutes

Inactive Prep Time: 1 hour

Cook Time: 20 minutes

Yield: 8 appetizer servings or 4 main course servings

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1/4 pound snowpeas, cleaned
4 ounces button mushrooms, sliced
1 bunch green onions, sliced

In a bowl or baking dish, toss chicken with 1 cup orange juice concentrate, cornstarch, chili garlic sauce, and ginger. Cover and refrigerate for 1 hour.

Cook the noodles according to package directions. Drain and hold in a bowl of cold water.

Remove chicken from refrigerator and drain into a colander; discard marinade.

In a large skillet, combine chicken stock, remaining 1/4 cup orange juice concentrate, and oyster sauce. Cook sauce over medium-high heat until liquids reduce and sauce is thick, about 5 to 10 minutes.

While sauce is reducing, heat 1 tablespoon oil in a large skillet over high heat. Add red pepper, peas, mushrooms, and green onions. Saute until tender yet still crisp. Remove from the heat and set aside.

Heat a non-stick wok or large skillet over high heat. Add remaining 1 tablespoon oil to the pan and heat. Carefully drop 1/3 of the chicken into the wok and stir-fry so that all sides of the chicken get crispy. When the first 1/3 is fully cooked through, remove from pan and repeat with the remaining 2 portions.

Add all of the cooked chicken and sauteed vegetables to the skillet with the sauce and toss to combine.

Drain noodles and then add to pan with sauce. Stir to coat noodles with sauce. Transfer to a large serving platter.

Nutritional Analysis per 8 Appetizer Servings:

Calories: 273
Total Fat: 6 grams
Saturated Fat: 1 gram
Carbohydrates: 37 grams
Fiber: 2 grams

Nutritional Analysis per 4 Main Course Servings:

Calories: 546
Total Fat: 11 grams
Saturated Fat: 2 grams
Carbohydrates: 74 grams
Fiber: 4 grams

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