

General Tsao's Chicken

POINTS® Value: 6 per serving; Servings: 4
Preparation Time: 20 min; Cooking Time: 10 min
Level of Difficulty: Moderate

Ingredients

- 3/4 cup canned chicken broth, reduced-sodium
- 1 1/2 Tbsp cornstarch
- 2 Tbsp sugar
- 2 Tbsp low-sodium soy sauce
- 1 Tbsp white wine vinegar
- 1/2 tsp ground ginger
- 2 tsp peanut oil
- 2 medium scallion(s), chopped
- 2 medium garlic clove(s), minced
- 1/2 tsp red pepper flakes, or 1 dried chili pepper, minced
- 1 pound uncooked boneless, skinless chicken breast, cut into 2-inch pieces
- 2 cup cooked white rice, kept hot



In a medium bowl, whisk together broth, cornstarch, sugar, soy sauce, vinegar and ginger; set aside.

Heat oil in a wok or large skillet over medium-high heat. Add scallions, garlic and pepper and cook 2 minutes. Add chicken and cook until browned all over, about 5 minutes.

Add reserved sauce and simmer until sauce thickens and chicken is cooked through, about 3 minutes.

Serve chicken and sauce over rice. Yields about 1 cup of chicken and sauce and 1/2 cup of rice per serving.

Notes

We renovated General Tsao's Chicken from 15 **POINTS** values to 6 **POINTS** values by:

- Cooking the chicken in a small amount of oil, instead of deep-frying it.
- Eliminating the egg that would have been used in batter-fried chicken.
- Using reduced-sodium chicken broth and soy sauce.