

Recipe: Orange Chicken

Ingredients:

- 1-1.5 pounds chicken breast cut into bite sized chunks
- 2T Coconut Oil
- 2 Oranges
- 2 T Garlic
- 2T Chili Sauce OR your choice of "spicy spices"
- 2T Liquid Aminos
- 2 bunches of bok choy

Directions:

Place chicken and coconut oil in a large pan and begin cooking

Grate the orange peels to create orange zest

Squeeze the juice of both oranges into a small sauce pan and add the Orange zest, garlic, chili/spices, and Liquid Aminos- Cook on medium heat while chicken cooks

Cut bok choy leaves in half and chop stalks like celery

Once chicken is cooked thoroughly add the orange sauce and the bok choy to chicken

Cook on medium heat for another 5 minutes until bok choy leaves wilt and stalks are slightly crunchy