

# Takeout Trade-Up

**The Problem:** “General Tso’s Chicken is our family’s favorite order from the local Chinese restaurant, but I worry about how unhealthy it is. The chicken must be deep-fried—it’s always so greasy! Plus, there’s all that gloppy, sugary sauce, a serious lack of veggies and a heaping pile of white rice.” —KELLY PRICE, PAWTUCKET, RI



## Makeover Moves

### 1. PUMP UP THE LEAN PROTEIN

Instead of the fattier chicken thighs often used in this dish, we opted for a hefty—but still reasonable—portion of lean skinless chicken breast.

### 2. DUMP THE DEEP FRYER

We slashed fat by using only a few tbsp. vegetable oil in a wok to crisp up the chicken’s coating (and by draining off the excess oil). A dash of sesame oil—added at the end so the flavor doesn’t cook off—lends a nutty taste.

### 3. ADD EXTRA FIBER AND NUTRIENTS

Serving the dish with a head of steamed broccoli—plus a scaled-back portion of fiber-rich brown rice—keeps it hearty without going overboard on calories and fat.

## The Skinny

The difference in calories may seem slight, but it’s the quality of those calories that counts. Our version has about half the fat, 60 percent less sodium, almost three times more belly-filling fiber and twice as much hunger-quashing protein.

	BEFORE	AFTER
CALORIES	481	420
FAT	21.4g	14g
CARBS	57.6g	46g
SODIUM	911mg	370mg
FIBER	1.3g	5g
PROTEIN	16.2g	29g



**The Solution:**

## General Tso’s Chicken

SERVES 4 PREP 15 MIN COOK 10 MIN

- 1 egg white
- 5 tbsp. cornstarch
- 1 tbsp. plus 2½ tsp. reduced-sodium soy sauce
- 1 tsp. ground ginger
- 1 lb. skinless, boneless chicken breasts, cut into ¾-inch pieces
- 1 tsp. sesame oil
- 1½ tbsp. honey
- 1½ tbsp. rice vinegar
- 3 tbsp. vegetable oil
- 1 bunch scallions, thinly sliced
- 2 cloves garlic, finely chopped
- 1 head steamed broccoli, for serving
- 2 cups cooked brown rice, for serving

1. In a medium bowl, whisk together the egg white, 4 tbsp. cornstarch, 1 tsp. soy sauce and ½ tsp. ginger. Stir in the chicken until evenly coated.
2. In a small bowl, combine the sesame oil and the remaining 1½ tbsp. soy sauce, 1 tbsp. cornstarch and ½ tsp. ginger. Stir in the honey and vinegar.
3. Heat a wok or large, heavy skillet over medium-high heat for 2 minutes. Add 1½ tbsp. vegetable oil and swirl to coat. Carefully add half of the chicken pieces in a single layer. Cook,

- turning once, until the meat is no longer pink, about 5 minutes. Using a slotted spoon, transfer the chicken to a plate. Repeat with the remaining 1½ tbsp. vegetable oil and chicken.
4. Discard the excess oil from the wok (about ½ tbsp.). Add the scallions and garlic; stir-fry for 1 minute. Stir in the sesame oil mixture. Return the chicken to the pan and cook, stirring, until the sauce is thick and the chicken is cooked through, 1 to 2 minutes. Serve with the broccoli and brown rice.

Recipe and text by registered dietitians Liz Weiss and Janice Newell Bissex, founders of mealmakeovermoms.com and authors of *No Whine with Dinner*