



# Grilled Orange Chicken Fingers

*Put a healthy spin on chicken fingers with this delicious recipe. The simple, sweet orange glaze for the chicken can be whipped up fast; marinating time is just 15 minutes and the marinade caramelizes deliciously on the grill. Serve this with a spinach salad and baked sweet potato wedges, tossed with herbs and olive oil. Chicken fingers aren't just for kids!*

**Prep: 10 minutes • Total: 30 minutes**

## Ingredients:

Chicken breasts, boneless, skinless	1 lb	1 lb
Dijon mustard	1.5 Tbsp	22.5 mL
Orange juice	1.5 Tbsp	22.5 mL
Honey	1 Tbsp	15 mL
Sesame oil	1 tsp	5 mL
Ground pepper	½ tsp	2.5 mL

## Directions:

1. Cut chicken crosswise into 3/4-inch-wide strips. Whisk mustard, orange, honey, sesame oil and pepper in a medium bowl until smooth. Add the chicken and toss to combine.
2. Cover and marinate in the refrigerator for 15 minutes.
3. Meanwhile, prepare grill or preheat the broiler. Oil the grill rack or coat a broiler pan with cooking spray.
4. Remove the chicken strips from the marinade, discarding remaining marinade. Grill or broil the chicken until no longer pink in the center, 2 to 3 minutes per side.

## Nutrition Facts

Serving Size (92g)		Servings Per Container	
<b>Amount Per Serving</b>			
<b>Calories</b> 160	<b>Calories from Fat</b> 35		
% Daily Value*			
<b>Total Fat</b> 4g			<b>6%</b>
Saturated Fat 1g			<b>5%</b>
Trans Fat 0g			
<b>Cholesterol</b> 65mg			<b>22%</b>
<b>Sodium</b> 190mg			<b>8%</b>
<b>Total Carbohydrate</b> 6g			<b>2%</b>
Dietary Fiber 0g			<b>0%</b>
Sugars 5g			
<b>Protein</b> 23g			
Vitamin A 0%		Vitamin C 2%	
Calcium 2%		Iron 4%	
*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:			
	Calories:	2,000	2,500
Total Fat	Less than	65g	80g
Saturated Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g
Calories per gram:			
Fat 9 • Carbohydrate 4 • Protein 4			

*Adapted from: Eating Well*

**Makes 4 servings (92 g/ serving) • 1 serving = 3 chicken strips**

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