



## Sesame Chicken

### INGREDIENTS:

4 (4 ounce) Boneless, skinless, trimmed chicken breast, cut into large pieces  
½ cup Cornstarch  
¼ cup Flour  
Pinch Sea salt  
½ cup Egg beaters

### Sauce:

½ cup Honey  
½ cup Soy sauce, low sodium  
1 cup Water  
2 teaspoon Ground ginger  
1 teaspoon Red pepper flakes  
2 Tablespoon White sesame seeds

### PREPARATION:

- Preheat oven to 375°F
- Spray baking sheet with non-stick pan spray.
- In medium size bowl, place cornstarch, flour, and salt together.
- In another bowl, add egg beaters.
- Dip chicken breast pieces in egg beaters then in breading mixture.
- Place on baking sheet pan, and bake for about 10 minutes or until they have reached an internal temperature of at least 160° F. Remove from heat, then let set until carry over cooking brings them to 165° F.
- For the sauce, place all the ingredients in medium sized sauce pan.
- Simmer so sauce reduces by half of original content.
- If sauce is still thin make a cornstarch slurry (cornstarch and cold water)
  - ¼ cup cornstarch and ¼ cup cold water or until slurry is formed.
  - Make sure to slowly whisk in slurry and only add as much as you need. Add small amounts at a time and make sure sauce is lightly boiling—this activates the cornstarch to thicken.
- Drizzle sauce over roasted, grilled, or baked chicken breast.

**Number of servings:** 4  
**Serving size:** 1 breast (or 4 strips) with 1 ounce sauce  
**Calories:** 216  
**Fat:** 2

