

Sesame Chicken

POINTS 4

12 minutes

Yield: 4 servings

Ingredients:

2 teaspoons sesame seeds
4 (4-ounce) skinned, boned chicken breast halves
Vegetable cooking spray
2 tablespoons honey
2 tablespoons reduced-sodium soy sauce
¼ teaspoon ground ginger

1. Place a large nonstick skillet over medium-high heat until hot. Add sesame seeds, and cook, stirring constantly, 1 to 2 minutes or until seeds are toasted. Remove seeds, and set aside.
2. Place chicken breast halves between two sheets of heavy-duty plastic wrap, and flatten to ¼ -inch thickness, using a meat mallet or rolling pin.
3. Coat skillet with cooking spray; place over medium-high heat until hot. Add chicken, and cook 3 minutes on each side or until chicken is lightly browned.
4. Combine toasted sesame seeds, honey, soy sauce, and ginger; pour over chicken, and cook 1 additional minute, turning chicken to coat with sauce. Serve sauce over chicken. .

Serve with rice and steamed broccoli.

Serve Sesame Chicken on hoagie rots with lettuce and tomato for a hearty sandwich.

nutritional info / PER SERVING

170 Calories / 9.6g Carbohydrate / 2.3g Fat (0.5g saturated) / 0.0g Fiber /
27.0g Protein / 66mg Cholesterol / 317mg Sodium / 16mg Calcium / 1.1 mg iron