

Featured **RECIPE** ◀

Sesame Chicken Party Bites

Marinade:

2 tbsp reduced-sodium soy sauce

1 tsp minced garlic

2 tbsp honey

¼ tsp ground ginger

1 tsp sesame oil

3 tbsp sesame seeds

4 skinless, boneless chicken breast halves (4 oz each), into bite-size pieces

1] Mix marinade and set aside.

2] Toast sesame seeds in large non-stick (dry) skillet over high heat for 1-2 minutes; stir constantly to avoid burning. Remove from skillet.

3] Toss chicken in marinade and marinate for at least 1 hour. Pour off excess marinade; add sesame seeds and mix to coat chicken.

4] Heat skillet to medium high and sauté chicken 8-10 minutes, allowing all sides to brown.

5] Place on serving plate, garnished with chopped scallion. Option: If desired, serve with a dip combining wasabi and light soy sauce.



MAKES 8 (2-ounce) SERVINGS. Per serving:

139 calories • 18.6g protein • 4.3g fat • .9g saturated fat • 48mg cholesterol • 5.4g carbs • 4.3g sugar • .4g fiber • 186mg sodium