

Sesame-Ginger Chicken

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Unitarian Universalist Fellowship of Vero Beach, FL 2000

Servings: 4

*1 tablespoon sesame seeds
2 tablespoons low-sodium
soy sauce
4 (4 ounce) boneless/
skinless chicken breasts
2 tablespoons honey
2 tablespoons gingerroot,
peeled and grated
vegetable cooking spray*

Preheat the grill to medium-hot (350 to 400 degrees).

In a bowl, combine the honey, soy sauce, sesame seeds and gingerroot. Set aside.

Place the chicken between two sheets of heavy-duty plastic wrap. Flatten to 1/4-inch thickness, using a meat mallet or rolling pin.

Coat a grill rack with cooking spray. Place the rack on the grill over medium-hot coals (350 to 400 degrees). Place the chicken on the rack.

Grill, uncovered, for 4 minutes on each side or until done, basting often with the soy sauce mixture.

This recipe can also be made in a 375 degree oven. Pour one-half of the soy mixture over the chicken on a grill rack. Place in oven for 5 minutes. Turn the breasts. Use the remainder of the sauce and place back in oven for 5 minutes or until done. Remember that the chicken breasts are only 1/4-inch thick so do not overcook and dry out.

Per Serving (excluding unknown items): 50 Calories; 1g Fat (18.8% calories from fat); 1g Protein; 10g Carbohydrate; trace Dietary Fiber; 0mg Cholesterol; 301mg Sodium. Exchanges: 0 Grain(Starch); 0 Lean Meat; 0 Vegetable; 0 Fat; 1/2 Other Carbohydrates.