

Sesame Chicken II

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*4 to 6 boneless chicken
breasts
1 egg
soy sauce
bread crumbs
1 jar sesame seeds
duck sauce*

Preheat the oven to 350 degrees.

In a shallow dish, mix the egg and soy sauce.
Mix the bread crumbs and sesame seeds in a
second shallow dish.

Dip the chicken in the egg/soy mixture and then
dredge in the breadcrumb/sesame mixture.

In a skillet with oil, fast fry on the stove until
brown.

Move the chicken to a baking dish.

Bake in the oven for 15 to 30 minutes.

In a bowl, make a mixture, to taste, of soy sauce
and duck sauce. Heat the sauce in the
microwave for 1 to 2 minutes. Pour the sauce
over the chicken.

Serve with rice.

Per Serving (excluding unknown
items): 899 Calories; 76g Fat
(72.3% calories from fat); 32g
Protein; 34g Carbohydrate; 17g
Dietary Fiber; 212mg Cholesterol;
86mg Sodium. Exchanges: 2
Grain(Starch); 3 Lean Meat; 13 Fat.