

HONEY GARLIC CHICKEN

My Non-Traditional, Kinda Traditional Recipe.... Which Is Both Confusing AND Delicious 🤔🤔🤔

If anyone is here looking for a typical "skinny blogger" honey chicken recipe, consisting of a little garlic, a 1/2 cup of soy sauce and enough honey to make Winnie The Pooh diabetic... sorry. I searched for a TRADITIONAL Chinese recipe, then used ingredient swaps to mimic the flavor profile, while lowering the sugar, calories and points. I also added an onion (non-traditional) to bulk up the dish and add a serving. My recipe has a lot of stuff in it, but it's worth it to have depth of flavor vs. a 1-note, sugary syrup dish.

Ingredients:

Chicken & Marinade:

- 2 lbs boneless skinless chicken breasts, sliced very thin
- 1/2 tsp baking soda... no questions... "Just doeeeeeeet!"
- 1 Tbsp lower sodium soy sauce
- 1 Tbsp white wine
- 1 tsp rice vinegar
- 1 tsp balsamic vinegar (see notes)
- 1 tsp 0 calorie brown sugar replacement
- 1/2 tsp 'dark' soy sauce

Sauce:

- 7 Tbsp fat free chicken broth
- 1-1/2 Tbsp cornstarch, whisked into broth, till dissolved
- 2 Tbsp PLUS 1 tsp lower sodium soy sauce
- 2 Tbsp 0 calorie brown sugar replacement, loosely packed
- 1 Tbsp rice vinegar
- 2 Tbsp PLUS 1 tsp honey
- 3 Tbsp sugar free syrup (pancake syrup)
- 1/4 tsp sesame oil
- 1 tsp sesame seeds
- 6 garlic cloves, crushed and minced
- 1-1/2 tsp ginger, finely minced/chopped
- 1/4 tsp salt
- 1-1/2 tsp 'dark' soy sauce

Additional Ingredients:

- 1 large red onion, quartered, sliced into thin strips
- 1/2 cups green onion, cut into 1" lengths

Servings Info.:

Yields: 6 cups
Servings: 6
Serving Size: 1 cup



R D

2-2

- last checked 11/23/22 -
Use your mobile device's 'Camera' App to
look at this code for nutritional info.

Directions:

1. Place the thin sliced chicken in a large bowl, then mix together the marinade ingredients. Pour over the meat, mix, then set aside for 30 minutes.



2. (A) Mix the sauce together, set aside. (B) Heat a large pan over medium-high heat for 1 minute. Spray with cooking spray, then add the onions. Cook 3-4 minutes, remove from pan, set aside. (C) Spray the pan with cooking spray again, then add HALF of the chicken in a single layer. Cook for 2 minutes, without moving the meat, then (D) flip and cook 2 more minutes. Set the cooked chicken aside, then cook the remaining chicken for 2 minutes per side, repeating the process.



NOTES & SUGGESTIONS:

- **SUGAR FREE SYRUP?!?!?!**: As you all know by now, dealing with me and my recipes for 3 years (as of 2021), I am the poster child for ingredient substitutions. I barely have over 2 Tbsp of Honey in this dish, because I am adamant about keeping the first serving at 2 point for this entree. By using just over 2 Tbsp of honey, mixed with 3 Tbsp sugar free syrup, we get 1/3 cup of sweet, sticky sauce, that still has a good honey flavor to it for 14 points, instead of 27. If you'd like to use more honey, BE MY GUEST... but adjust your points accordingly.
- **THAT'S A LOT OF INGREDIENTS!**: Most all of the popular ww-skinny-bloggers don't make a traditional-ish Honey Garlic Chicken. They make near-carbon copies of the same 'copycat' recipes, which are the Americanized 'fast food' versions of Chinese dishes. They use a ton of honey, a bunch of soy sauce, a little garlic.. and come in at 7-8 points per serving The REAL DEAL has ginger, rice vinegar, Chinese cooking wine... and a BALANCE of the honey, garlic and other flavors. What we're all used to, is 1-note, sickeningly sweet, honey-slathered chicken with no depth of flavor.
- **BALSAMIC VINEGAR?!?!?**: Traditional versions of this dish call for Chinese 'Shoaxing' cooking wine, however it's high in points. We're making a simple 0 point substitute with white wine, rice vinegar, balsamic vinegar and sweetener.
- **DARK SOY SAUCE**: Yup, yooooou guessed it. 'Sushi Chef'.

3. **(A)** When your second batch of chicken is finished cooking, return all of the chicken back into the pan, along with the sliced red and green onions. Mix to combine. **(B)** Pour in the sauce, mix, then allow it come to a simmer. **(C)** Once it begins to thicken, start mixing and tossing the pan's contents for 2-3 minutes. The sauce will continue to reduce and thicken. **(D)** When your dish is coated in a thick, sticky, gravy-like glaze, serve immediately. Garnish with additional thinly sliced green onion, if desired.

