



SESAME CHICKEN

A low fat, low calorie version of the traditional Chinese staple

As far as 'sit-down' Chinese food is concerned, I have 2 dishes that are my comfort food. Singapore Noodles and Sesame Chicken. Hence, why they're both in this book. My version is less sweet than at most restaurants, and has a bit more savory depth. I reduced the sweetness, increased the 'umami' with a bit of oyster sauce, along with more sesame oil than is traditional. Personally, I like this version better.

Servings Info.:

Yields: 4 cups

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Serving Size: 1 cup



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- last checked 11/28/22 -
Use your mobile device's 'Camera' App to
look at this code for nutritional info.

Ingredients:

Chicken:

- 1-1/4 pounds boneless skinless chicken breast, or chicken breast tenderloins, cut into bite sized chunks.
- 1/2 tsp baking soda, dissolved in 2 tsp water
- 1 batch of my 'toasted breading', recipe on pg. 118.

Sesame Sauce & Glaze:

- 3/4 cup fat free chicken broth
- 1 Tbsp sesame oil (toasted sesame oil is best)
- 1-1/2 Tbsp oyster sauce
- 3 Tbsp lower sodium soy sauce
- 2 tsp 'dark' soy sauce
- 1/2 tsp minced fresh ginger (or 1/4 tsp ground ginger)
- 1 medium garlic clove, minced
- 3 Tbsp 0 calorie brown sugar replacement
- 1/4 tsp coarse ground black pepper
- 2 Tbsp rice vinegar
- 1 Tbsp PLUS 1 tsp cornstarch, dissolved with 1 Tbsp water
- 2 tsp Huy Fong Asian chili garlic sauce

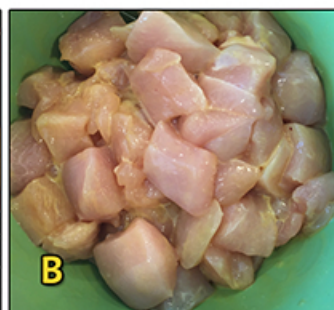
Additional Ingredients:

- 1 tsp toasted sesame seeds, for garnish
- 1 green onion, thin sliced at an angle, for garnish

Directions:

1. Mix all of the Sauce ingredients together in a bowl, till well combined. Set aside.

2. Mix the chicken breasts pieces with the baking soda solution. Let marinate for 30 minutes.



3. (A) Heat a pan over medium heat for 1 minute, then add all breading ingredients. Toast for 3-4 minutes, or until the crumbs are a nice, uniformly golden color. Remove from pan and set aside, letting the crumbs cool to room temperature. (B) Place the whisked eggs into the bowl with the chicken pieces, mix to combine. (C) Place the toasted crumbs in a bowl, then place the chicken chunks, ONE AT A TIME, into the crumbs. Use a fork to lightly coat each chunk with the breading. (D) Place the lightly breaded chicken pieces onto 2 large baking pans, covered with foil and sprayed with a light coat of cooking spray. (E) Pre-Heat oven to 425 degrees.

4. Allow the chicken to rest for a few minutes, after it comes out of the oven. Then heat a good sized pan, or wok, for 1 minute over medium-high heat.



5. (A) Lightly spray the hot pan with cooking spray, then add the baked chicken pieces. Give the pan a few seconds to get back up to heat, then pour in the sauce. (B) The sauce will immediately begin to bubble, simmer and thicken. (C) Use 2 of your kitchen tools o' choice to quickly, yet gently, fold the chicken pieces with the sauce till well coated. Continue simmering and tossing until the sauce thickens. (D) Serve immediately. Garnish with sesame seeds and thin sliced green onions.

NOTES & SUGGESTIONS:

- **BREADING:** I strongly advise you NOT to try dumping all of the breading and chicken into a ziplock bag, then shake it all up. It does NOT work. It takes time, but you need to bread the chicken one piece at a time. It took me around 12 minutes.
- **CRISPINESS:** Though this is a good, healthy alternative to restaurant style deep fried chicken breast pieces, the breading on this chicken WILL lose its crispness after being coated with the sauce for a few minutes. Just like chicken Parmesan, once your breading begins to absorb the sauce, it will eventually lose its crunchy exterior. For this dish, toss the chicken into the hot sauce right before serving, to ensure the crisp texture lasts for as long as possible.
- **VEGGIES:** This only makes 4 cups of breaded and glazed sesame chicken. That's fine, but I'd highly recommend plating it with steamed or sauteed veggies, to 'stretch it out'. I usually eat it with steamed broccoli florets on the side, or sauteed broccolini/broccoli rabe, cooked with a little soy sauce and garlic.
- **POINTS:** If you'd like to lower this by 1 point per serving, do not bread the chicken. After the chicken marinates with the baking soda, simply cook the chicken in a hot pan, with cooking spray. Once the unbreaded chicken is cooked through, toss it with the sauce, just like in steps 5A, B & C.
- **BREAD CRUMBS INSTEAD OF RICE KRISPIES:** If you have access to 1 point per slice bread, instead of using my 'breading 2.0' recipe, for the crumbs... you can make a batch of my low point bread crumbs, from pg. 16. It makes enough real breadcrumbs to double-bread all the chicken for the same points. You'll just need an extra egg or two for the egg wash. But, the chicken will be CRAZY crunchy.

