

Baked Sesame Chicken

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Ingredients

- 3-4 chicken breasts, cut into bite size pieces
- 1/2 cup corn starch
- 6 tablespoons honey
- 4 tablespoons ketchup
- 3 tablespoons sugar
- 1 tablespoon brown sugar
- 2 tablespoons white vinegar
- 3 tablespoons soy sauce
- 1/2 teaspoon salt
- 1 teaspoon garlic powder
- 1 tablespoon cold water
- 2 tablespoons corn starch
- sesame seeds, for topping

Process

Preheat oven to 375 and spray a 9x13 inch baking dish with cooking spray.

In a bowl, whisk together all sauce ingredients, set aside.

Add chicken and 1 cup corn starch to a large ziplock bag. Seal and shake to coat chicken. Transfer chicken to a large pan or skillet drizzled with oil. Saute chicken over medium high heat until browned (2-4 minutes).

Toss chicken in the prepared sauce. Transfer to baking dish. Bake for 20-25 minutes until chicken is cooked through. Serve with sesame seeds and green onions for garnish if desired. Enjoy!

Nutrition

Servings: 4

Calories: 571 cal

Fat: 6.8g

Carbs: 79g

Protein: 49.1g