

# Baked Sesame Chicken

#cooking/recipe

#2019/March#

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## Baked Sesame Chicken

### 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: 571cal

Fat: 6.8g  
Carbs: 79g  
Protein: 49.1g