



Sesame Crusted Chicken

Ingredients

- 2 Tbsp Reduced Sodium Soy Sauce
- 1 Tbsp Brown Sugar
- 1 Tbsp Minced Garlic
- 1 Tsp Sesame Oil
- 4, 4 oz Boneless, Skinless Chicken Breasts
- ½ Cup Sesame Seeds
- 1 Tbsp Unsalted Butter

Directions

1. In a small bowl combine the soy sauce, brown sugar, garlic, and sesame oil.
2. Place the chicken in a gallon-sized resealable bag and pour the marinade over the chicken. Marinate in the refrigerator for at least 1 hour.
3. When ready to cook, remove the chicken from the bag. Discard the marinade.
4. Pour the sesame seeds into a shallow dish and press the chicken into the seeds, coating all sides.
5. Over medium-high heat, melt the butter in a large skillet. Add the chicken and cook 4-6 minutes on each side.
6. Serve and Enjoy!

Healthy Tip: Sesame seeds are a good source of healthy fats and fiber!

Calories 356

Total Fat 18 g

Saturated Fat 5 g

Cholesterol 143 mg

Sodium 359 mg

Total Carbohydrate 9 g

Dietary Fiber 2 g

Sugars 4 g

Protein 44 g