



Sweet and Sticky Sesame Chicken



1/2 of recipe (about 1 cup): 301 calories, 4g total fat (1g sat. fat), 859mg sodium, 26.5g carbs, 2g fiber, 7g sugars, 38g protein

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Prep: 20 minutes **Cook:** 15 minutes



Ingredients

1/4 cup whole-wheat flour
10 oz. raw boneless skinless chicken breast, cut into nuggets
1/4 cup fat-free liquid egg substitute
1/4 cup fat-free chicken broth
1 tbsp. cornstarch
2 tbsp. sugar-free pancake syrup
2 tbsp. seasoned rice vinegar
1 tbsp. ketchup
1/2 tbsp. reduced-sodium/lite soy sauce
1/2 tsp. sesame oil
1/2 tsp. crushed garlic
1 tsp. sesame seeds
2 tbsp. thinly sliced scallions
Optional seasoning: red pepper flakes

Directions

Preheat oven to 375 degrees. Spray a baking sheet with nonstick spray.

Place flour in a wide bowl.

Place chicken in a large bowl, top with egg substitute, and toss to coat.

One at a time, shake nuggets to remove excess egg and coat with flour. Evenly lay on the baking sheet.

Bake until chicken is cooked through, about 10 minutes.

In a medium bowl, combine broth, cornstarch, syrup, vinegar, ketchup, soy sauce, sesame oil, and garlic. Whisk until cornstarch has dissolved.

Bring a skillet sprayed with nonstick spray to medium heat. Cook and stir broth mixture until thickened, 1 to 2 minutes.

Remove skillet from heat, add chicken, and toss to coat. Serve topped with sesame seeds and scallions!

MAKES 2 SERVINGS

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