



## Easy Sticky Honey Chicken



1/2 of recipe (about 2/3 cup): 273 calories, 6g total fat (1g sat. fat), 615mg sodium, 20.5g carbs, 0g fiber, 17.5g sugars, 33g protein

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**Prep:** 10 minutes    **Cook:** 10 minutes

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### Ingredients

2 tbsp. honey  
1 1/2 tbsp. reduced-sodium soy sauce  
1 1/2 tsp. cornstarch  
1 tsp. chopped garlic  
1 tsp. sesame oil  
10 oz. raw boneless skinless chicken breast, cut into bite-sized pieces  
1/8 tsp. salt  
1/8 tsp. black pepper  
Optional topping: sesame seeds  
Serving suggestions: riced cauliflower, brown rice, spiralized zucchini, steamed veggies

### Directions

To make the sauce, in a small bowl, combine honey, soy sauce, cornstarch, garlic, oil, and 1 tbsp. water. Mix until cornstarch has dissolved.

Bring a skillet sprayed with nonstick spray to medium-high heat. Add chicken and season with salt and pepper. Cook and stir until chicken is fully cooked, about 5 minutes.

Reduce heat to low. Add sauce. Cook and stir until sauce has thickened, about 1 minute.

MAKES 2 SERVINGS

**HG FYI:** Not all soy sauce is gluten free, so read labels carefully if that's a concern.

**HG Tips:** To reduce the sugar, try a no-sugar honey substitute like [the kind from ChocZero](#). To cut the sodium, skip the salt and/or try [reduced-sodium coconut aminos](#) in place of soy sauce.

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