



Sheet-Pan Garlic Sriracha Chicken



1/4 of recipe: 177 calories, 4g total fat (0.5g sat. fat), 435mg sodium, 7g carbs, 0g fiber, 5g sugars, 26g protein

[Click for WW Points® value*](#)

Prep: 5 minutes **Cook:** 20 minutes

Marinate: 30 minutes



More: [Lunch & Dinner Recipes](#), [Four or More Servings](#)

Ingredients

- 2 tbsp. reduced-sodium soy sauce
- 1 tbsp. honey
- 1 tbsp. sriracha hot chili sauce
- 2 tsp. chopped garlic
- 1 tsp. sesame oil
- 1 packet natural no-calorie sweetener
- 1 lb. raw boneless skinless chicken breast tenderloins
- 2 tbsp. chopped scallions
- 1/4 tsp. sesame seeds

Directions

In a small bowl, combine soy sauce, honey, chili sauce, garlic, oil, and sweetener. Mix well. Transfer mixture to a large sealable bag or container.

Add chicken, and toss to coat. Seal and marinate in the refrigerator for at least 30 minutes.

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

Place chicken on the baking sheet. Bake until fully cooked, 18–20 minutes.

Top with scallions and sesame seeds.

MAKES 4 SERVINGS

We may receive affiliate compensation from some of these links. Prices and availability are subject to change.

We may have received free product samples, which in no way influences whether these products are reviewed favorably, unfavorably, mentioned with indifference, or mentioned at all. Click for more about our [editorial](#) and [advertising](#) policies.

*The WW Points® values for these products and/or recipes were calculated by Hungry Girl and are not an endorsement or approval of the product, recipe or its manufacturer or developer by WW International, Inc., the owner of the Points® trademark. For those on the Diabetic Plan, values may vary.

Questions on the WW Points® values listed? [Click here.](#)

Hungry Girl provides general information about food and lifestyle. This information and any linked materials are not intended and should not be construed as medical advice, nor is the information a substitute for professional medical expertise or treatment. [Click here](#) for more information.