



## 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

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

**Marinate:** 30 minutes



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### 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

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