



Baked Sesame Chicken

Info:

Makes 4 Servings 155 Calories per Serving

LOW CAL

Ingredients:



- ❖ 1lb Chicken Breast Halves (4 halves)
- ❖ 2 Tbsp Soy Sauce
- ❖ ¼ Cup Sesame Seeds
- ❖ 1/3 Cup Breadcrumbs
- ❖ 1 tsp Salt
- ❖ 1 tsp Pepper
- ❖ Cooking Spray

Preparation:



1. Preheat pan to medium
2. On a plate mix sesame seeds, breadcrumbs, salt and pepper
3. In a bowl coat each chicken breast half with soy sauce
4. Coat chicken breasts with sesame seed dry mixture
5. Fry on pan about 5-6 minutes each side