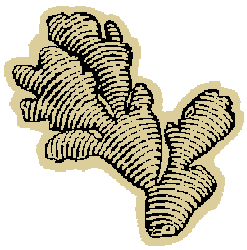
December 2011:

The Holidays are always a fun, but hectic time at our house. This is a tasty main dish that you can prep in advance and pop in the oven just before serving. The glaze adds additional flavors, or you could just serve hot from the oven! Enjoy!



(Ginger Root)

Sesame Chicken Bites with Orange-Ginger glaze:

1/2C. all-purpose flour 1 tsp. salt

1/4 tsp. pepper 1 tsp. garlic powder

1/2 tsp. oregano 1 cup sesame seeds

2 boneless, skinless chicken breasts (cut in 1/2 inch strips)

1/4 c. egg substitute + 2 Tbsp. water

- Preheat oven to 350ºF.
- Mix flour, salt, pepper, garlic powder and oregano. Roll chicken pieces in mix; shake off excess.
- Dip chicken in egg mixture and roll in sesame seeds.
- Spray a baking sheet with cooking spray, lay coated strips on sheet and bake 25 min, or until juices run clear.

Orange-Ginger Glaze ***Makes: 2 cups***

12 oz. orange marmalade 2 Tbsp. grated fresh ginger

2 Tbsp. candied ginger/minced fined

1 Tbsp. dried onion flakes-crushed fine

- Mix together and simmer in a small saucepan for 10-15 min. Cool, serve with chicken