



DINNER

Healthy Eating with the Y



INGREDIENTS

- Leftover chicken (about 4 chicken breasts)
- 2 tablespoons vegetable oil
- 1/3 cup honey
- 2 tablespoons low-sodium soy sauce
- 1 tablespoon Sriracha or other hot sauce
- 1/2 teaspoon garlic powder
- Pinch of crushed red chili flakes (optional)
- 1/3 cup warm water
- 1 tablespoon cornstarch
- 1/2 teaspoon kosher salt
- 1/4 teaspoon freshly ground black pepper
- Sesame seeds, for garnish
- 2 cups cooked white or brown rice
- Lime wedge for garnish
- Optional: cilantro, shredded carrots, red bell pepper cut into strips, steamed broccoli, or shredded cabbage

TOOLS YOU'LL NEED

- Measuring Cups
- Measuring Spoons
- Chef's Knife
- Cutting Board
- Medium Saucepan
- Small Mixing Bowl
- Rubber Spatula
- Whisk



HONEY GARLIC CHICKEN

4 SERVINGS

Cook time: 40 min

Lactose Free

DIRECTIONS

1. Cut leftover chicken into cubes and set aside.
2. In a medium saucepan over medium-high heat, whisk together honey, soy sauce, Sriracha, garlic powder, and a generous pinch of red chili flakes.
3. In a small bowl, combine cornstarch and warm water. Stir mixture into saucepan and whisk continuously until thickened, about 2 to 3 minutes.
4. Add chicken into mixture. Using a rubber spatula, toss to combine, cooking for an additional 3 minutes until chicken warms through.
5. Sprinkle a generous amount of sesame seeds on the chicken and serve over rice with a lime wedge and optional toppings if desired.

Nutritional Information (per serving)

Calories: 489
Total Fat 14g
Saturated Fat: 2g
Carbs: 26g
Sugar: 23g
Protein: 62g
Cholesterol: 109mg
Sodium: 700mg