

Asian Garlic and Ginger Chicken

By Chef Edwin Cabrera



INGREDIENTS

- 4 (4 oz.) chicken breasts
- 1 tablespoon sesame seeds, toasted
- 1 tablespoon fresh ginger, minced
- ½ tablespoon fresh garlic, minced
- 1 teaspoon low-sodium soy sauce
- 1 tablespoon scallions, thinly sliced
- 1 tablespoon sweet chili sauce

INSTRUCTIONS

Preheat oven to 350° F. Prepare pan with nonstick cooking spray.

Marinate chicken with all the ingredients except the sesame seeds for at least 2 hours prior to cooking. Place on a prepared sheet pan, sprinkle the sesame seeds and bake for 15-20 minutes or until internal temperature reaches 165° F.