



Healthy Sesame Chicken Recipe for Quick Meals

Introduction

If you're looking for a healthier alternative to traditional sesame chicken, this recipe is perfect for you. With tender pieces of chicken breast coated in a flavorful sauce, it's a delicious dish that's easy to prepare and enjoy any night of the week.

Detailed Ingredients with measures

1 lb boneless, skinless chicken breast, cut into bite-sized pieces $\frac{1}{4}$ cup unbleached or all-purpose flour $\frac{1}{4}$ teaspoon salt $\frac{1}{8}$ teaspoon ground

black pepper $\frac{1}{4}$ cup reduced-sodium soy sauce $\frac{1}{4}$ cup sugar $\frac{1}{2}$
teaspoon dark sesame oil 2 tablespoons sesame seeds, toasted $\frac{1}{4}$ cup
chopped fresh chives (optional)

Prep Time

15 minutes

Cook Time

10 minutes

Total Time

25 minutes

Yield

Serves 4

Directions

1. Prepare the Chicken: In a gallon-size plastic bag, combine the flour, salt, and pepper. Add the chicken pieces to the bag, seal it, and shake well to coat the chicken evenly. 2. Cook the Chicken: Coat a large nonstick skillet with nonstick spray and warm it over medium-high heat.

Add the coated chicken to the skillet and cook, stirring, for 3 to 4 minutes, or until the chicken is no longer pink. Transfer the cooked chicken to a plate and set aside. 3. Prepare the Sauce: Reduce the heat to medium. In the same skillet, combine the soy sauce and sugar. Cook, stirring occasionally, until the sugar dissolves. Add the sesame oil and toasted sesame seeds to the skillet. 4. Combine and Serve: Return the cooked chicken to the skillet and add the chopped chives, if using. Toss everything together to ensure the chicken is well-coated with the sauce. Serve immediately.

See also [Garlic Bread Grilled Cheese](#)

This healthy sesame chicken recipe is a delightful way to enjoy a classic dish without the guilt. Bon appétit!

Detailed Directions and Instructions

Prepare the Chicken

- In a gallon-size plastic bag, combine the flour, salt, and pepper. - Add the chicken pieces to the bag, seal it, and shake well to coat the chicken evenly.

Cook the Chicken

- Coat a large nonstick skillet with nonstick spray and warm it over medium-high heat. - Add the coated chicken to the skillet and cook, stirring, for 3 to 4 minutes, or until the chicken is no longer pink. - Transfer the cooked chicken to a plate and set aside.

Prepare the Sauce

- Reduce the heat to medium. - In the same skillet, combine the soy sauce and sugar. - Cook, stirring occasionally, until the sugar dissolves. - Add the sesame oil and toasted sesame seeds to the skillet.

Combine and Serve

- Return the cooked chicken to the skillet and add the chopped chives, if using.
- Toss everything together to ensure the chicken is well-coated with the sauce.
- Serve immediately.

Notes

Healthier Option

- This recipe offers a healthier take on the classic sesame chicken by using lean chicken breast and a lighter sauce.

Serving Suggestions

- Consider serving this dish over brown rice or with steamed vegetables to enhance its nutritional value.

Storage

- Leftovers can be stored in an airtight container in the refrigerator for up to 3 days. Reheat thoroughly before serving.

Cook techniques

Coating the Chicken

Using a plastic bag for coating the chicken with flour allows for even coverage without the mess of using a bowl. Ensure chicken pieces are well-coated by shaking the bag thoroughly.

See also [Glazed Pigs in a Blanket](#)

Cooking the Chicken

Cooking the chicken in a nonstick skillet helps to achieve a crispy exterior while keeping the inside tender. Ensure the skillet is properly heated before adding the chicken to avoid steaming.

Making the Sauce

Dissolving sugar in the soy sauce over medium heat allows for a smooth sauce that evenly coats the chicken. Stir occasionally to prevent sticking and ensure uniformity.

Combining Ingredients

Returning the chicken to the skillet with the sauce allows the flavors to meld. Tossing the chicken ensures an even coating of the sauce, enhancing every bite.

FAQ

Can I use chicken thighs instead of breasts?

Yes, chicken thighs can be used for a richer flavor, but the cooking time may vary slightly due to their fat content.

Is there a gluten-free option for the soy sauce?

Absolutely! Substitute soy sauce with tamari or coconut aminos for a gluten-free version.

Can I make this dish spicier?

Yes, you can add red pepper flakes or a dash of sriracha to the sauce for some heat.

How do I store leftovers?

Store leftovers in an airtight container in the refrigerator for up to three days. Reheat in a skillet for best results.

What can I serve with healthy sesame chicken?

It pairs well with steamed rice, quinoa, or a fresh vegetable stir-fry for a complete meal.

Conclusion

This Healthy Sesame Chicken recipe is a delightful and nutritious alternative to traditional versions, offering a perfect balance of flavors and textures. With lean chicken breast and a lighter sauce, it serves as a delicious yet wholesome meal option. Enjoy this satisfying dish as a part of your healthy eating journey!

See also [Chocolate Orange Loaf Cake](#)

More recipes suggestions and combination**Garlic Ginger Chicken Stir-Fry**

Enhance your meal with a garlic ginger chicken stir-fry, featuring colorful vegetables like bell peppers and broccoli for added nutrients.

Teriyaki Salmon

Try teriyaki salmon as a flavorful pairing, marinating the fish in a homemade teriyaki sauce and serving it with brown rice.

Quinoa Fried Rice

Swap traditional rice for quinoa in a fried rice dish, mixing in peas,

carrots, and scrambled eggs for a protein-packed meal.

Vegetable Spring Rolls

Add some vegetable spring rolls on the side, filled with fresh veggies and served with a dipping sauce for a crunchy complement.

Asian-Inspired Salad

Serve an Asian-inspired salad with mixed greens, mandarin oranges, slivered almonds, and a sesame vinaigrette for a refreshing side.

Stuffed Bell Peppers

Prepare stuffed bell peppers filled with a mixture of ground turkey, brown rice, and vegetables for a wholesome and colorful dish.





Healthy Sesame Chicken Recipe for Quick Meals

