

SESAME CHICKEN

SOURCE: QUICK COOKING MAY/JUNE 2002 (Anne Wegener - Springville IN)

INGREDIENTS:

1/4 C lemon juice	1/3 C soy sauce
3 TBS vegetable oil	3 cloves garlic
1/2 tsp ground ginger	6 boneless skinless chicken breast halves
4 tsp cornstarch	1/2 C water
1/4 C chicken broth	hot cooked rice
1/4 C sesame seeds, toasted	

DIRECTIONS:

In large re-sealable plastic bag, combine lemon juice, soy sauce, oil, garlic & ginger. Add chicken - seal bag & turn to coat. Refrigerate 8 hours or overnight.

Remove chicken from marinade & place on greased broiler pan - set marinade aside. Broil chicken 4" from heat for 12-14 minutes or till juices run clear, turning once.

Meanwhile, strain marinade - in sauced pan, combine cornstarch, water, brother & marinade till smooth. Bring to rolling boil - cook/stir 2 minutes or till thickened. Serve chicken & sauce over rice - sprinkle with sesame seeds.

Serves: 6