

Sweet, Sticky and Spicy Chicken

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Servings: 4

*1/4 cup low-sodium soy sauce
2 tablespoons honey
2 teaspoons fresh ginger, chopped
2 teaspoons garlic, chopped
1 tablespoon hot sauce (or more to taste)
1 tablespoon packed brown sugar
4 (1-1/4 pound total) boneless/ skinless chicken breasts, cut into one-inch strips
1/4 teaspoon salt
1/4 teaspoon black pepper
1 tablespoon vegetable oil (or more as needed)*

Preparation Time: 20 minutes

In a small bowl, mix together the soy sauce, honey, ginger, garlic, hot sauce and brown sugar. Sprinkle the chicken with salt and pepper.

In a large skillet over medium heat, heat the oil. Working in batches, add the chicken and brown on both sides, about 1 minute per side (add more oil as needed between batches).

Pour the sauce over the chicken. Simmer, uncovered, until the sauce thickens, 8 to 10 minutes.

If desired, serve with hot rice.

Per Serving (excluding unknown items): 58 Calories; trace Fat (0.4% calories from fat); 1g Protein; 14g Carbohydrate; trace Dietary Fiber; 0mg Cholesterol; 735mg Sodium. Exchanges: 0 Grain(Starch); 1/2 Vegetable; 0 Fat; 1 Other Carbohydrates.