

Lightened Up Chinese Lemony Chicken



Ingredients

3 cups breadcrumbs (panko breadcrumbs if available, otherwise unflavored breadcrumbs)
Zest of 2 lemons, juice of 1, divided
1 tablespoon ground ginger
1 tablespoon (a palmful) sesame seeds
Salt and freshly ground black pepper
1 large, gallon-size, re-sealable plastic bag
2 pounds boneless skinless chicken breasts, cut into strips, or 2 pounds chicken tenders
1/4 cup soy sauce (eyeball it)
2 tablespoons honey

Yields: 4 servings

Preparation

Preheat oven to 400°F.

Mix the breadcrumbs, lemon zest, ground ginger, sesame seeds, salt and freshly ground black pepper in the plastic bag and toss to combine. Add the chicken; a couple of pieces at a time, and give them a good shake to coat. Repeat until all the chicken has been coated. Arrange the coated chicken on a baking sheet and place in the oven for 25-30 minutes, until cooked through.

In a small bowl, whisk together the soy sauce, lemon juice and honey with a little splash of water. Serve the chicken on a plate with the honey-soy-lemon dippy sauce on the side.

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