

**“Oven-Fried” Sesame Chicken**

*This chicken takes only a few minutes to prepare - so it's great on busy days. The crunch from the sesame seeds mimics the crust on fried chicken. Put this on top of a green salad loaded with carrots, grape tomatoes and cukes, drizzled with a little extra virgin olive and lemon juice. I'd serve a crisp glass of Chardonnay with this dish.*

½ Cup Low-Sodium Soy Sauce  
4 Boneless Skinless Chicken Breasts, sliced in half horizontally (1-2 LBs)  
¼ Cup Sesame Seeds  
1/3 Cup Whole Wheat Flour  
½ Tsp Kosher Salt  
½ Tsp Freshly Cracked Black Pepper  
Olive Oil Cooking Spray

**Step One**

Preheat your oven to 400F. Spray a 13x9 inch baking dish with olive oil spray.

**Step Two**

Place soy sauce in a shallow dish. In a zippy bag, combine sesame seeds, flour, salt and pepper.

**Step Three**

Dip the Chicken Breasts in the soy sauce and then shake in the sesame seed mix zippy bag. Add the chicken to the baking dish and spray with olive oil spray. Bake for 20 minutes or until done – the center should be solid white.