

THOMPSON DELIGHT



GINGER GRILLED CHICKEN BREAST

Servings: 4

Ingredients

- 1/4 cup soy sauce
- 4 teaspoons sesame oil, divided
- 2 tablespoons honey
- 3 slices fresh ginger root
- 2 cloves garlic, crushed
- 4 skinless, boneless chicken breasts
- 1 cup snap peas

Directions

Heat a grill to medium high. Heat the soy sauce, 3 teaspoons sesame oil, honey, ginger root and garlic over low heat until the honey dissolves. Remove from the heat and let cool.

Place chicken breasts in a bowl. Pour the cooled soy sauce mixture over it and coat well. Cover and let marinate for 15 minutes or longer.

Drain the marinade from the chicken into a small saucepan. Bring the marinade to a boil and simmer over medium heat for 5 minutes. Set aside for basting. Spray the grill with nonstick spray.

Cook the chicken on the prepared grill 6 to 8 minutes per side. Baste frequently with the remaining marinade. Cook until the internal temperature reaches 165 F.

While the chicken is cooking, heat the 1 teaspoon of sesame oil in a large sauté pan on medium heat. Add the snap peas and toss to coat with the oil. Cook a few minutes until cooked but still crisp.

Portion: 1 serving

Daily Value - Approximate nutritive values per serving				Calories 204.5			
Amount/Serving	%DV	Amount/Serving	%DV	Amount/Serving	%DV	Amount/Serving	%DV
Total Fat 5.4g	6.9%	Cholesterol 82.0mg	27.3%	Total Carb. 14.9g	5.4%	Vitamin D	0.0%
Saturated Fat 1.3g	6.7%	Sodium 475.4mg	20.7%	Fiber 1.3g	4.7%	Potassium	9.7%
Trans Fat +0.0g		Protein 25.2g		Added Sugars +0.0g	+0.0%	Total Sugars	11.4g
						Calcium	2.2%
						Iron	7.8%

**nutrient value not available



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Recipes under 450 calories



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