

Sesame Ginger Chicken (Frozen-To-Finish) [Serves 4-6]

1 medium Onion, sliced
8-10 frozen Chicken Tenders
Lime zest
2 Tsp graded Ginger Root
2 cloves Garlic, chopped
1 Tsp Sesame Oil
2 Tbs Honey
2 Tbs low sodium Soy Sauce
1 Tsp Lime Juice
2 Tbs Toasted Sesame Seeds
3 Green Onions, sliced thin lengthwise
Frozen Veggie Medley (optional)

Toast Sesame Seeds in a dry pan for 6-8 minutes (or buy them already toasted). Bake in oven at 350° for 10 minutes. Place Onions in the bottom of the cookware. Place Chicken on top arranging to even out.

In a bowl, use cone #1 to zest Lime, grade Ginger, and grade Garlic. Combine Ginger, Soy, Honey, Sesame Oil, and Lime Juice and zest together and drizzle over Chicken. Sprinkle with Sesame Seeds. (Note: You can top chicken with frozen veggie medley and possibly lightly sprinkle with Lite Soy Sauce). **MEDIUM-CLICK-LOW**. Cook for 25 minutes or longer for larger size batch. Remove lid and cook for an additional 5 minutes to allow some of the moisture from the Chicken to evaporate. Top with finely sliced Green Onion and serve over Brown Rice or Barley.