



1213 East 2100 South
 Salt Lake City, UT 84106
 Phone: (801) 487-9976
 e-mail: Becky-utdairy@msn.com

KSL TV, Eyewitness News at Noon
 Monday, March 27, 2006

“Sesame Chicken Skillet”

Becky Low
 Dairy Council of Utah/Nevada



Succulent braised chicken in a sesame ginger sauce makes this easy dinner idea truly flavorful. For a colorful and complete meal, serve with steamed broccoli, tomato slice, and a glass of milk. Serves 6

Ingredients:

- 4 1/2 cups cooked brown rice
- 1/4 cup flour
- 1/2 teaspoon salt
- 1/4 teaspoon black pepper, optional
- 3/4 pound boneless skinless chicken*
- 2 tablespoons sesame oil
- 1 tablespoon finely minced garlic
- 8 ounces fresh mushrooms, sliced**
- 1-1 1/2 cups chicken broth
- 3/4 cup Sesame Ginger dressing***
- 1 tablespoon toasted sesame seeds

Method:

Prepare brown rice according to package directions for 6 servings.

Combine flour, salt, and pepper in gallon zipper plastic bag. Slice chicken breast into 1/4-inch thick slices. Place chicken in plastic bag, close tightly and toss to coat chicken with flour mixture.

Heat non-stick skillet, add sesame oil and garlic. Add chicken and fry until browned (avoid too frequent stirring). Add a little chicken broth, as needed to keep chicken from burning. Place mushrooms on top of chicken; add 1/4 cup chicken broth, reduce heat to low, cover and cook 10-15 minutes. Add additional chicken broth, as needed to keep chicken from burning dry; stir occasionally. Flour on chicken will thicken juices during cooking. Stir in 1-3 tablespoons additional broth to create desired consistency. Stir in Sesame Ginger dressing. Serve hot over cooked rice. Sprinkle with toasted sesame seeds.

NOTES:

- * Placing chicken in freezer for 30-40 minutes prior to using makes slicing easier.
- ** May substitute 1 can (4 oz.) canned sliced mushrooms; drain before using
- *** Sesame Ginger dressing may be found in the refrigerated salad dressing section of your local grocery store (usually next to the fresh produce).

Nutrition Facts	
Serving Size approx. 2/3 cup (321g)	
Servings Per Container 6	
Amount Per Serving	
Calories 350	Calories from Fat 60
% Daily Value*	
Total Fat 7g	11%
Saturated Fat 1g	6%
Cholesterol 35mg	11%
Sodium 610mg	26%
Total Carbohydrate 49g	16%
Dietary Fiber 3g	13%
Sugars 8g	
Protein 19g	
Vitamin A 0%	Vitamin C 4%
Calcium 2%	Iron 20%
*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:	
	Calories: 2,000 2,500
Total Fat	Less than 65g 80g
Saturated Fat	Less than 20g 25g
Cholesterol	Less than 300mg 300mg
Sodium	Less than 2,400mg 2,400mg
Total Carbohydrate	300g 375g
Dietary Fiber	25g 30g
Calories per gram:	
Fat 9 • Carbohydrate 4 • Protein 4	