

# Betty's Sensational Sesame Chicken Recipe



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In this video, Betty demonstrates how to make her Sensational Sesame Chicken. Chicken tenders are marinated in a mixture of soy sauce, sesame oil, ginger, green onions, and garlic. Then, sesame seeds are mixed with the drained chicken, and it is broiled to tender perfection!

Ingredients:

- 1 to 2 pounds of uncooked chicken tenders
- ½ cup soy sauce
- 2 tablespoons sesame oil
- 1 teaspoon ground ginger
- 3 green onions, sliced
- 2 cloves garlic, minced
- 2 tablespoons sesame seeds, toasted

In a small bowl, combine ½ cup soy sauce, 2 tablespoons sesame oil, 1 teaspoon ground ginger, 3 sliced green onions, and 2 cloves minced garlic. Place 1 to 2 pounds of chicken tenders in a heavy-duty, gallon-sized zip-lock bag. Pour the marinade over the chicken and seal the bag. Marinate in the refrigerator for 1 hour. Drain the marinade from the chicken and discard. Sprinkle the marinated chicken with 2 tablespoons toasted sesame seeds. Place the individual chicken tenders on a broiler pan and broil 5 ½ inches from heat—with the oven door partially open. Broil for 3 minutes, and then turn each piece of chicken and broil for 3 minutes longer, or until done. Serve immediately. I served my Sensational Sesame Chicken with my Basic Sweet and Sour Sauce, my Tasty Tarragon Fettucini, and steamed green peas. This makes a delicious and healthy meal—plus, it is nice and light for the summer! I hope you like it! --Betty ☐