

Recipe adapted from [Martha Stewart](#).



Sesame Chicken Lite

- 4 T honey
- 2 T sesame seeds
- 3 T low sodium soy sauce
- 2 cloves garlic, minced
- 2 large egg whites
- 1/4 c corn starch
- 4 skinless, boneless chicken thighs
- 2 T canola oil
- 4 scallions, thinly sliced (whites and greens)
- Salt and pepper to taste
- 3 c white rice, steamed
- Soy sauce to taste (optional)

In a medium sized mixing bowl, combine the honey, sesame seeds, soy sauce and garlic. Set aside. Next whisk together the egg whites and corn starch. Add the chicken to the egg mixture and season with salt and pepper. Toss to coat.

Heat the oil in a wok over medium-high heat. Add the chicken and cook, tossing occasionally until golden brown and opaque throughout. Add the reserved sauce and scallions and heat for another minute, tossing to coat. Season with salt and pepper to taste.

Serve over white rice with extra soy sauce if desired.