



PUJOLS FAMILY FOUNDATION BATTER UP COOKING PROGRAM

BAKED HONEY GARLIC CHICKEN

½ pound chicken thighs or breasts, cut into 1 inch pieces

1 cup panko bread crumbs

1 extra large egg, whisked

1 tablespoon white sesame seeds, optional

1 tablespoon fresh chopped scallions

SAUCE

6 tablespoons honey

4 garlic cloves, minced

1 teaspoon onion powder

¼ cup water + ½ tablespoon cornstarch

1 ½ tablespoons low sodium soy sauce

1 ½ tablespoons sriracha sauce

2 tablespoons water

1. Preheat oven to 400 degrees F. Dip chicken pieces in egg and then roll in panko breadcrumbs until fully coated and place on baking sheet lined with parchment paper. Repeat until all chicken is coated.
2. Bake the chicken for 15 to 20 minutes or until the chicken coating is dark golden brown and crunchy.
3. While chicken is cooking, make the sauce on the stove. Add all sauce ingredients except ½ tablespoon cornstarch + ¼ cup water. Bring to a low boil. In a small bowl, dissolve cornstarch in water, then add to sauce mixture.
4. Stir until sauce boils again and cook until sauce thickens. Pour sauce on chicken right before serving. Garnish with sesame seeds and scallions if desired.

Makes 2 servings.

Recipe by: Kirbie

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