

Sweet & Spicy Honey Chicken

Ingredients:

1	Tbsp	Brown sugar
2	Tbsp	Honey, organic
1/4	Cup	Soy sauce, low sodium
2	Tsp	Ginger root, fresh chopped
2	Tsp	Garlic, chopped
2	Tbsp	Hot sauce
	to taste	Salt and pepper
4	skinless	Chicken breast, boneless, 1/2 strips
1	Tbsp	Olive oil

Directions:

Lightly salt and pepper the chicken

Heat oil in a large skillet over medium heat.

Add chicken strips and brown on both sides (about 1 minute per side).

Pour the sauce over the chicken.

Simmer uncovered until the sauce thickens (8-10 minutes).

Chicken is best served with stew fresh broccoli, zucchini, snow peas, carrots, water chestnuts, and other vegetables or brown rice.

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