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, ½ 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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