

SUMMER

Chinese Honey Sesame Chicken

Summer is full of zucchini, and this recipe is a good place to use it! The recipe is high in sugar, but it's fast food after a busy day. If you think ahead, you can set the rice on a timer in the rice cooker and prep the vegetables in the morning, so when dinnertime is approaching, you just have to cook it up. You can also cook the chicken in a crockpot. Served with sliced melon, this is one easy dinner! (This recipe is adapted from <http://www.sixsistersstuff.com/2012/01/slow-cooker-honey-sesame-chicken-recipe.html>).

Sauce:

- 1 1/2 teaspoons (around) Simply Asia Sweet Ginger Garlic Seasoning
- OR something like this:
 - 1/4 teaspoon red pepper flakes
 - salt and pepper
 - 1/2 tablespoon black or white sesame seeds
 - 1/2 teaspoon ginger (fresh or dry)
- 1/4 cup ketchup
- 1/2 cup honey
- 1/2 cup soy sauce

Chicken and veggie mixture:

- 1-2 tablespoons sesame seed oil (or canola or olive)
- 1/2 cup water
- 2 chicken tenders per person, cut into bite-size chunks
- 1 zucchini, diced
- 1 yellow squash, diced
- 1 onion, diced
- (or whatever vegetables you have on hand)
- minced garlic, about 2 teaspoons (2 cloves)

- 1/2 cup cold water
- 4 teaspoons (about) cornstarch

- 2-3 green onions, chopped
- sesame seeds

rice

Mix up the sauce in a small bowl or (2 cup) liquid measuring cup. In a large saucepan, pour some oil in and add the chicken. After it is seared a little on the outside, add the water. Cover and cook until mostly done. Add minced garlic and vegetables. Cook for a minute until veggies begin to be tender. Add the sauce. Cook for a minute, then add some of the water/cornstarch liquid. Stir until sauce is thickened. When ready, top with some sesame seeds and chopped green onions. Serve immediately with cooked rice. (1 cup of uncooked brown rice cooked in 2.5 cups water serves 4 people).