

The Marv's Meats Recipe Collection #21

Sandy's Honey-Sesame Chicken

2-3 lbs – chicken parts – breasts, thighs or drumsticks

¼ cup butter

1/3 cup – honey

1 TBS – soy sauce

2/3 cup – sesame seeds

Pre-heat oven to 400°. Melt butter in a bowl in microwave. Whisk honey & soy sauce into melted butter. Dip chicken pieces in liquid mixture then roll lightly in sesame seeds. Arrange chicken on a sheet pan or baking dish coated with cooking spray & bake uncovered 1 hour basting occasionally with butter/honey/soy mixture.



MARV'S
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