

Sesame Ginger Chicken

- 1 whole chicken, cut into 8 pieces, skin removed (can use just white or just dark if preferred)
- 1/4 c low sodium soy sauce (or less, if watching your salt consumption)
- 2 T fresh ginger, minced
- 2 cloves garlic, minced
- 1/4 t freshly ground pepper
- pinch crushed red pepper flakes
- 1 egg, beaten
- 1 c [sesame seeds, toasted](#)
- 1 c [panko](#) (Japanese breadcrumbs)
- 1 T vegetable oil
- chili sauce (optional), to serve on the side

Mix soy sauce, ginger, garlic, pepper and red pepper flakes in a bowl, then combine with chicken in a large baggie. Refrigerate 3 hours to overnight. Preheat oven to 400 degrees. Lightly grease a 9 x 13" baking dish.

Combine panko and sesame seeds on a large plate. Remove chicken from baggie, then add the beaten egg to the marinade. Dip each chicken piece in the marinade, then in the panko, before placing in the baking dish. Spray or lightly brush with oil, then bake for 45 minutes until brown and crisp.

Tastes good with sweet and spicy chili sauce drizzled on. The first night I served it with rice that was cooked with celery, scallion, red pepper, spinach and egg.

The second day I served the **Sesame Ginger Chicken** atop a salad of arugula, mango and red pepper, dressed with chia oil, seasoned rice vinegar, sea salt, freshly ground pepper and sprinkled with cilantro and toasted coconut flakes. It was the best salad I've eaten in a while. The toasted coconut flakes are not optional—so sweet, salty, tasty good.