

# Sesame Chicken

## Ingredients

- 4 boneless, skinless chicken breast halves
- 4 tablespoons honey
- 3 tablespoons sesame seeds
- 1 teaspoon garlic powder
- ½ teaspoon black pepper

## Directions

1. Preheat oven to 350° F.
2. Arrange the chicken in a single layer in a casserole dish. Warm the honey slightly in a microwave and brush it evenly over the chicken.
3. Combine the sesame seeds, garlic powder and pepper in a small bowl. Sprinkle the mixture evenly over the chicken.
4. Bake uncovered for 30 minutes or until the chicken is cooked through.



*Makes 4 servings*