

Chicken Sesame with Oriental Cream

Ingredients:

- 1/3 cup reduced sodium soy sauce
- 2 teaspoons minced garlic
- 1 teaspoon dark sesame oil
- ½ teaspoon ground ginger
- 1-pound boneless, skinless chicken breasts, cut into 4 x ½ inch strips
- 6 ounces fat free cream cheese with garlic and herbs
- 2 Tablespoons finely chopped green onions
- 2 Tablespoons sesame seeds, TOASTED
- 1 Tablespoon extra-virgin olive oil

Directions:

1. To marinate the chicken: In a small bowl, whisk the soy sauce, garlic, sesame oil and ginger. Reserve 2 Tablespoons and pour the remaining marinade into a self-sealing plastic bag. Add the chicken pieces and seal the bag. Give the bag a few turns to coat the chicken. Refrigerate the chicken for a minimum of two hours; turning occasionally.
2. To make the oriental cream: In another small bowl, place the cream cheese. Whisk in the reserved 2 Tablespoons of marinade and stir in the green onions. Cover with plastic wrap and refrigerate.
3. To prepare the chicken: Remove the chicken from the marinade and discard any remaining marinade. Spread the sesame seeds on a plate and roll the chicken strips in them until lightly coated.
4. In a large nonstick skillet, heat the olive oil over medium-high heat. Add the chicken and stir-fry for six minutes or until golden brown and the juices run clear when the chicken is pierced with a fork.
5. Serve with the oriental cream.