

# Sesame Chicken

## Ingredients

- 1 tbsp garlic
- 1 tbsp ginger root
- 1/3 tbsp sesame oil
- 2-1/2 cups cabbage
- 1-1/2 cups onions
- 2 tbsp water
- 1/8 tsp chicken base, low sodium
- 1/8 tbsp hoisin sauce
- 1/4 cup general tso sauce
- 1/3 tbsp sambal oelek chili sauce
- 1 tbsp sesame seeds
- 11 oz breaded chicken nuggets

## Notes

**Number of Portions:** 4

**Serving Size:** 2/3 cup

**Nutrition Facts:** 298 calories, 18.01 g fat, 4.03 g saturated fat, 568 mg sodium, 23.63 g carbohydrate, 3.25 g fiber, 6.9 g sugar, 11.52 g protein

## Directions

1. Chop and sauté garlic and ginger in sesame oil until lightly browned.
2. Add chopped cabbage and onions and continue to cook until slightly tender.
3. Add water, chicken base, and sauces. Cook until warm.
4. Stir in sesame seeds. Heat until internal temperature reaches 165° F.
5. Add in chicken and serve.

