

LEMON SESAME CHICKEN

2 whole skinned chicken breasts
1 egg
1 t. water
1/4 c. flour
1 t. paprika
1 t. onion powder
1/2 t. poultry seasoning
2 T. oil
3/4 c. unsalted chicken broth
1/4 t. lemon peel
1 T. lemon juice
1 T. toasted sesame seeds

Wash chicken and pat dry. Beat egg and water. Combine next four dry ingredients. Dip chicken in egg, then flour. Brown in oil. Add remaining ingredients except sesame seeds. Cover and simmer for 20 minutes. Remove chicken. Thicken liquid with leftover flour mixture. Pour sauce over chicken and sprinkle with sesame seeds. Makes 4 servings.

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