

# *Sesame Crusted Chicken Bites*



## Ingredients

- 1 lb boneless, skinless chicken breasts, cut into bite-size pieces
- 1-2 tablespoons of canola oil

For each side of the chicken pieces you will need:

- 1/4 cup raw sesame seeds
- 1/4 tsp salt for each side of the chicken
- 1/4 tsp pepper for each side of

## The Method

- Lay the cut chicken breast pieces on a flat surface, such as a cutting board or cookie sheet.
- Sprinkle one side of the chicken pieces with salt and pepper. Liberally sprinkle sesame seeds over the chicken pieces as well.
- Flip the chicken pieces over and repeat the above step.
- Add 2 tbs oil to a skillet on a medium heat. Heat the oil until it begins to shimmer.
- Add coated chicken pieces to the oil in the skillet.
- Cook chicken on each side until browned on each side and cooked all the way through.
- Note: If it looks like your sesame seeds are browning too quickly, lower your heat a bit.

*Inspiration for this recipe came from 500 Low=Carb Recipes by Dana Carpender.*

For the original recipe with step-by-step picture instructions, visit <http://notexactlybento.com/?p=1200>.