

## Grilled Sesame Ginger Chicken

Servings: 2

From

[http://www.bettycrocker.com/recipes/grilled-sesame-ginger-chicken/e8f28035-81d2-44da-9100-4f25fca3c8c7?WT.mc\\_id=taf\\_recipe\\_BC](http://www.bettycrocker.com/recipes/grilled-sesame-ginger-chicken/e8f28035-81d2-44da-9100-4f25fca3c8c7?WT.mc_id=taf_recipe_BC)

### Ingredients

1 tablespoon teriyaki sauce  
1/2 tablespoon sesame seeds, toasted  
1/2 teaspoon minced ginger  
2 boneless skinless chicken breasts (about 1/2 lb)

### Preparation

- 1) Heat gas or charcoal grill. In small bowl, mix teriyaki sauce, sesame seed and ginger.
- 2) Carefully brush grill rack with vegetable oil or spray with cooking spray. Place chicken on grill rack over medium heat. Cover grill; cook 15 to 20 minutes, brushing frequently with sauce mixture and turning after 10 minutes, until juice of chicken is clear when center of thickest part is cut (170°F). Discard any remaining sauce mixture.
- 3) Serve chicken with snap pea salad (below).

## Snap Pea Salad

Servings: 2

Slightly adapted from <http://www.meatlessmonday.com/snap-pea-salad/>

### Ingredients

Salad:

1/2 small zucchini  
2 radishes  
1 tablespoon lime juice  
Salt, to taste  
3 baby carrots, cut into slices  
1 peach, cut into small cubes  
1/2 lb snap peas  
1/4 teaspoon dried dill  
1/2 tablespoon fresh cilantro  
Sesame seeds, to taste

Dressing:

1 1/2 tablespoons extra virgin olive oil  
1 tablespoon white balsamic vinegar  
1/2 lime, juiced and 1/4 zested  
1 1/2 teaspoons fresh ginger, minced  
1/2 tablespoon hot sauce

Salt and pepper, to taste

**Preparation**

- 1) Slice zucchini very thin. Stack the ribbons of each vegetable on top of one another and cut with a knife to create matchsticks. Cut the radishes into matchsticks using a knife.
- 2) Place squash and radish matchsticks together in a large sized bowl. Squirt with the half lime and season with salt to taste. Add the sliced baby carrots, peaches, snap peas, dill and cilantro. Toss to ensure all ingredients are evenly distributed.
- 3) To make the lime ginger dressing: Whisk the olive oil, vinegar, lime juice, ginger and hot sauce together in a small bowl. Season with salt and pepper to taste.
- 4) Toss the salad with half the lime ginger dressing and toss to ensure the salad is evenly coated. Refrigerate for 30 minutes. Divide into two portions, add more dressing if desire; sprinkle with sesame seeds.