

Grilled Honey Sriracha Chicken Tenders

1/4 cup honey
1/4 cup sriracha
1 Tablespoon rice vinegar
1 teaspoon sesame oil

1 garlic clove, minced
1 lb. boneless, skinless chicken tenders
Chopped scallions and sesame seeds
for garnish

Instructions: Preheat grill. In a medium saucepan, whisk honey, sriracha, vinegar, sesame oil and garlic, and heat to medium low, stirring occasionally. Grill chicken tenders until chicken reaches and internal temperature of at least 165°F. Place chicken in saucepan with glaze. Stir to coat. Turn off heat. Serve and garnish with scallions and sesame seeds.

Yield: 4 servings

Nutrition Facts (per serving): 230 calories, 4.5 grams fat, 470 milligrams sodium, 22 grams carbohydrate, 1 gram fiber, 26 grams protein