



R E C I P E

Recipes gathered from many resources, especially www.allrecipes.com

SWEET, STICKY AND SPICY CHICKEN

INGREDIENTS

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| ‡ 1 Tbsp. brown sugar | ‡ 2 Tbsp. hot sauce |
| ‡ 2 Tbsp. honey | ‡ salt and pepper to taste |
| ‡ 1/4 cup soy sauce | ‡ 1 Tbsp. vegetable oil |
| ‡ 2 tsp. chopped fresh ginger root | ‡ 4 skinless, boneless chicken breast halves- |
| ‡ 2 tsp. chopped garlic | cut into 1/2 inch strips |

DIRECTIONS

1. Mix together brown sugar, honey, soy sauce, ginger, garlic and hot sauce in a small bowl.
2. Lightly salt and pepper the chicken strips.
3. Heat oil in a large skillet over medium heat. Add chicken strips and brown on both sides, about 1 minute per side. Pour the sauce over the chicken. Simmer uncovered until the sauce thickens, 8 to 10 minutes.