

## Recipes

Here's an easy-to-make recipe for a snack. You can prepare it ahead of time, so it will be ready to eat when you need it.

### Sesame Chicken Bites With Honey Mustard Dipping Sauce

Makes 4 servings

#### Ingredients

- 1 pound boneless chicken, cubed
- ½ cup mayonnaise
- 1 teaspoon onion powder
- 1 teaspoon ground mustard
- ¼ teaspoon pepper
- ½ cup dry bread crumbs
- ½ cup sesame seeds
- 1 tablespoon minced fresh parsley
- 3-4 tablespoons vegetable oil



#### Directions

1. Mix mayonnaise, onion powder, ground mustard, and pepper in a gallon-size zip-top bag.
2. Add chicken, and shake and massage bag to coat all pieces.
3. In a separate gallon-size zip-top bag, add bread crumbs, sesame seeds, and parsley.
4. Remove chicken from the mayo mixture and add to the bread crumb mixture.
5. Shake bag until all pieces are coated with bread crumbs.
6. Cook in a large skillet in 3-4 tablespoons of hot vegetable oil until chicken is no longer pink inside.

#### Dipping Sauce

##### Ingredients

- ½ cup mayonnaise
- 1½ teaspoons dijon mustard
- 4½ teaspoons honey

##### Directions

1. Whisk all ingredients together.
2. Add more mustard for a spicier flavor or more honey for a sweeter flavor.

**Source:** [www.cff.org/PDF-Archive/This-Eating-Stuff-is-Hard-Work!-Recipe-Book/](http://www.cff.org/PDF-Archive/This-Eating-Stuff-is-Hard-Work!-Recipe-Book/)

Calories per serving: 485 | Fat: 10 g | Carbohydrates: 76 g | Protein: 24 g

