

Sesame Chicken - Gluten & Casein Free  
(Serves 4)

Teriyaki Sauce

- 1/4 Cup GFCF Soy Sauce
- 1 Cup Water
- 1/2 teaspoon ground ginger
- 1/4 teaspoon Garlic powder
- 5 Tablespoons Brown Sugar
- 2 Tablespoons honey

Rest of Ingredients

- 1 1/2 to 2 lbs of chicken Cut into small pieces
- 2 Tablespoons Cornstarch
- 1/2 teaspoon minced garlic
- 1 Onion chopped
- 2 Tablespoons toasted sesame seeds
- 1 Tablespoon Sesame oil



To toast sesame seeds cook in a small skillet with a little oil until brown. Then place on paper towel to cool. Make Teriyaki sauce by mixing ingredients in a 2 cup liquid measuring cup and microwaving on high for 3 minutes. Stir well. If only marinating for 15 minutes does not have to cool. If marinating longer cool before adding to the chicken. Put chicken pieces in a bowl and pour on 2/3 cups of teriyaki sauce. Let marinade for at least 15 minutes in refrigerator. Mix cornstarch and garlic into remaining sauce. Drain meat and stir fry chicken and onions in a little oil until cooked. Add teriyaki sauce and cook until it thickens. Add sesame seeds and sesame oil. Stir well and serve over rice.

<http://www.lincolntent.com/GlutenFreeCaseinFree-Chicken.html>