

Panko Crispy Chicken with Honey Siracha Sauce

Ingredients:

Panko Crispy Chicken:

- 1 pound chicken (tenders or boneless breasts)
- 2 tsp soy sauce
- 1 tsp minced garlic
- 1 tsp minced ginger
- 2 large eggs, beaten
- 1 cup panko breadcrumbs

Honey Siracha Sauce:

- 1/3 cup honey
- 2 Tbs soy sauce
- 1 tsp siracha (more to taste if you want)
- 3 cloves minced garlic
- Cornstarch slurry – 1 Tbs cornstarch + 1Tbs water

Steps:

Panko Crispy Chicken:

1. Preheat oven to 400 degrees. Line a baking sheet with parchment paper
2. Marinate chicken with the soy sauce, garlic and ginger for at least 15 minutes. (I use a zip lock bag, but you can use Tupperware or anything)
3. Dip chicken into beaten egg and then into breadcrumbs
4. Place on baking sheet. Bake until golden brown and internal temperature is 165 degrees. (times will vary depending on thickness of your chicken, but about 15-20 minutes)
5. Pour sauce over chicken and serve glazed, or use sauce for dipping

Honey Siracha sauce:

1. While chicken is baking, bring honey, soy sauce, siracha and garlic to a simmer
2. Add cornstarch slurry slowly and stir until thickened

(Healthy-ish)
Peanut Butter Chocolate Chip No Bake Cookies:

Ingredients:

- 1 2/3 cups rolled or quick oats
- ¼ tsp salt
- ½ cup peanut butter (or any allergy friendly substitution)
- 1/3 cup pure maple syrup, honey, or agave
- 3 Tbs milk of choice
- 1/3 – ½ cup chocolate chips

Steps:

1. Gently warm nut butter until stir-able
2. Combine all ingredients with but butter and mix well
3. Use spoon or cookie scoop to drop mixture onto parchment lined plate or lined cupcake pan
4. Chill to set