



## **Sesame-Honey Chicken**

Ohtli Spa at CasaMagna Marriott Puerto Vallarta Resort & SPA

Servings: 4

### **Ingredients:**

2 tbsp. sesame seeds  
3 tbsp. honey  
¼ cup Marsala or dry sherry  
¼ cup Dijon mustard  
1 tbsp lemon or orange zest  
1 tbsp. fresh lemon juice  
4 skinless, boneless chicken breast

### **Method of Preparation:**

Toast sesame seeds at 325° for 5 to 10 minutes or until lightly browned. Pour into a small bowl then add honey, Marsala wine, mustard, zest and lemon juice. Place chicken in a shallow ovenproof baking dish and pour honey mixture over. Turn to coat evenly with sauce.

Bake at 325° for 20 to 25 min or until it reaches 165°.

Per serving:

Calories 325 Fat 8g Cholesterol 101 g Fiber 0 Sodium 294 mg