



Recipes

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Honey-Sesame Chicken Egg Roll

Prep Time: 10 Minutes

Cooking Time: 25 Minutes

Serves 12

Ingredients:

12 each 8" Smart Hearty Grains Tortilla (47087)

3 lbs. Chicken Breast Tenderloin , medallion cut

3/4 lb. Carrot , shredded

1/2 cup Corn Starch

1/2 cup Water , cold

Honey-Sesame Glaze , see related recipe

Egg Wash , as needed

Black Sesame Seeds , as needed

Sugar Snap Peas , steamed , as needed

Brown Rice , cooked , as needed

Directions:

1. In a large rondeau pan over medium-low heat, combine chicken and carrots. Cook until about half way done. Add Honey-Sesame glaze, continue to cook until chicken reaches an internal temperature of 165°F. In a separate bowl, combine water and corn starch. While stirring, drizzle into sauté pan, until thick.

2. Pre-heat a convection oven to 325°F.

3. To Make Tortilla Egg Roll: Place 1/3 cup of chicken mix in each tortilla, fold ends and roll like an egg roll, use egg wash to seal, roll to close each tortilla. Coat each tortilla roll with egg wash and sprinkle each tortilla roll with black sesame seeds.

4. Place rolls on parchment lined baking sheet. Bake in oven 10-13 minutes or until golden on outside and heated through (165°F).

5. To Serve: Arrange one tortilla egg roll with steamed sugar snap peas and warm brown rice.





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Honey-Sesame Glaze

Prep Time: 5 Minutes

Cooking Time: 0 Minutes

Serves 1

Ingredients:

- 1/8 cup Honey
- 1/8 cup Low-sodium Soy Sauce
- 1/8 tsp. Hoisin Sauce
- 1/4 tsp. Sesame Oil
- 1/4 tsp. Sesame Seeds , white
- 1/8 tsp. Ground Ginger

Directions:

1. Combine all ingredients together in a bowl and mix well. Reserve.