

Ponzu Chicken

Courtesy of Carole's Creations

Prep Time: 25

Cooking Time: 10

Serves: 4

CChints: Ponzu is a citrus soy sauce that is lower in sodium than a low-sodium soy sauce. It is slightly salty, tangy and has a sweet flavor that pairs well with fish and chicken. It can be found in the Asian section of your supermarket.

This chicken pairs well with Oriental Noodle Salad, a recipe found on this website.



1 pound boneless, skinless chicken breasts
1/2 cup Ponzu sauce
1/3 cup Pinot Grigio or Riesling wine (sweet white wine)
1 teaspoon dark sesame oil
1 tablespoon olive oil
Salt and pepper to taste
2 tablespoons sesame seeds

Rinse the chicken and pat it dry with paper towels. Cut a piece of plastic wrap about 18 inches long. Lay 1 piece of chicken about 2 inches from the end of the plastic. Fold the other end of it over the top of the chicken breast. Pound the chicken with a heavy cast iron skillet or weighted meat mallet until the chicken is about 1/2 inch thick.

Mix the Ponzu sauce, wine and sesame oil together in a sealable plastic bag. Add the chicken to the bag and seal it. Allow the chicken to marinate for 15 minutes. Flip the bag over every 5 minutes to allow the marinade to reach all the chicken.

Heat a non-stick skillet to medium heat. Add 1 tablespoon olive oil and the marinade from the bag to the pan. Sprinkle each piece of chicken with salt and pepper and place them in the pan. Cover the pan and cook the chicken for 4-5 minutes. Turn the chicken over and add the sesame seeds. Cover and cook for another 4-5 minutes until done. Remove the cover during the last minutes.

Remove the chicken from the pan and put on dinner plates. Serve with your favorite side items.