

CopyCat Chicken

Benihana

Sesame

Ingredients

1 teaspoon soybean oil
1 skinned, boneless chicken breast half
2 mushrooms, sliced into 8 pieces
1 teaspoon soy sauce
1/2 teaspoon lemon juice
1/2 teaspoon sesame seeds
salt and pepper (optional)

Directions

Add oil to heated nonstick skillet (for electric wok or skillet, set at 360 degrees F).

Cut chicken breast into bite-size pieces, sprinkling with salt and pepper if desired. Cook for 8 minutes more or until chicken is white in appearance and firm to the touch.

Sprinkle with lemon juice and sesame seeds. Add mushroom slices, cooking 2-3 minutes more and serve hot.