



HEALTHY ST. PETE

Episode 4: Home Run Healthy Meal

Deputy Mayor Dr. Kanika Tomalin hosts Tampa Bay Rays' Outfielder David DeJesus as they discuss eating healthy on and off the baseball field.

Recipe: Skinny Honey Lemon Chicken with Couscous (serves 4)

Chicken Ingredients:

- 1.5 lbs. boneless, skinless chicken breasts, cut into bite-sized pieces
- 3 tablespoons soy sauce
- 2 tablespoons rice wine vinegar
- salt and pepper
- 1 tablespoon olive oil
- Topping suggestions: toasted sesame seeds, thinly-sliced green onions, extra lemon zest

Honey Lemon Sauce Ingredients:

- 3/4 cup chicken stock
- 1/4 cup fresh lemon juice
- 3 tablespoons honey
- 2 tablespoons cornstarch
- zest of 1 lemon
- pinch of ground ginger
- optional: sriracha, for heat

Combine the chicken, soy sauce and rice wine vinegar to a large zip lock bag, and toss until the chicken is evenly coated. Refrigerate for at least 10 minutes, or up to 8 hours.

When you are ready to cook the chicken, drain and transfer it to a separate plate. Season the chicken on both sides with a few generous pinches of salt and pepper. And in a separate bowl, whisk the honey lemon sauce ingredients together until combined.

Heat oil in a large sauté pan over medium-high heat. Add the chicken and sauté for 5-7 minutes or until it is cooked through and no longer pink inside, stirring and turning the chicken occasionally for even cooking. Transfer the chicken to a separate (clean) plate.

Pour the sauce marinade into the empty sauté pan. Cook over medium-high heat for 2-3 minutes, or until the sauce reaches a low boil and thickens. Add in some sriracha if you would like for extra heat, to taste.

Add the chicken back into the pan and toss until it is evenly coated with the sauce. Remove from heat and serve the chicken immediately, topped with optional toppings if desired.