**Honey Sesame Chicken**

1 1/2 lbs boneless skinless chicken breasts, cut into bite size pieces  
2/3 cup low-sodium chicken broth  
1/2 cup honey  
3 tablespoon soy sauce  
2 teaspoon sesame oil  
1 teaspoon white vinegar  
3 tablespoon finely chopped yellow onion  
1 clove garlic, finely minced  
1 1/2 teaspoon finely grated ginger  
Salt and freshly ground black pepper, to taste  
1 cup + 1 1/2 tablespoon cornstarch  
1 1/2 tablespoon cold water  
Vegetable oil, for frying  
1 teaspoon baking powder  
2 large eggs  
1 tablespoon sesame seeds  
Chopped green onions, for garnish (optional)

**DIRECTIONS**

1. In a small saucepan combine chicken broth, honey, soy sauce, sesame oil, vinegar, onion, garlic, ginger and season with salt and pepper to taste.
2. Bring mixture to a boil, meanwhile in a small bowl whisk together 1 1/2 tablespoon cornstarch with 1 1/2 tablespoon cold water until well blended.
3. Once mixture has reached a boil, whisk cornstarch and water mixture into honey mixture, then reduce heat to medium-low and cook stirring constantly until mixture has thickened, about 3 minutes.
4. Remove from heat and cover with lid to keep warm.
5. Pour vegetable oil into a large cast iron dutch oven, filling pot about 1 1/2-inches deep and heat oil to 350 degrees.
6. Meanwhile, whisk eggs in a shallow dish until well blended.
7. Pour remaining 1 cup cornstarch into a separate shallow dish, add in baking powder and whisk well to blend.
8. Dip chicken pieces into egg followed by cornstarch and toss pieces to evenly coat in cornstarch, then carefully place 1/3 of the chicken pieces into preheated oil and cook for 5 - 7 minutes until golden, turning once during cooking.
9. Using skimmer, remove fried chicken from oil and transfer to a paper towel lined cookie sheet to drain excess oil.
10. Repeat process with remaining chicken working in two more batches.
11. Pour drained fried chicken into a bowl and toss with sauce and sesame seeds.
12. Serve warm over white or brown rice garnished with green onions if desired.

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