

## **hoisin & five-spice glaze**

In microwave-safe small bowl, stir  $\frac{1}{4}$  cup hoisin sauce, 2 tablespoons soy sauce, and 1 teaspoon Chinese five-spice powder. Cook, uncovered, in microwave oven on High 30 seconds, stirring once.

>> Each serving chicken with glaze: About 375 calories, 39 g protein, 8 g carbohydrate, 19 g total fat (5 g saturated), .1 g fiber, 152 mg cholesterol, 860 mg sodium.