

Chicken Breasts Teriyaki

Dale Jackson

Unitarian Universalist Fellowship of Vero Beach, FL 2000

Servings: 6

*6 boneless/ skinless
chicken breasts
teriyaki sauce
fresh ginger, diced
fresh garlic, minced*

In a bowl, prepare a marinade of teriyaki sauce, ginger and garlic. Place the marinade in a large ziploc bag. Add the chicken breasts and marinate for 30 minutes.

Place the chicken on a broiler pan or broil on an outside grill. Broil or grill the chicken, turning frequently, and sprinkling with more teriyaki sauce from time to time. Take care not to overcook the chicken, and watch the garlic and ginger carefully because they tend to char if too close to the heat source.

Per Serving (excluding unknown items): 0 Calories; 0g Fat (0.0% calories from fat); 0g Protein; 0g Carbohydrate; 0g Dietary Fiber; 0mg Cholesterol; 0mg Sodium. Exchanges: .