

# Chicken Teriyaki

Rita Meny - Haubstadt, IN

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## Servings: 6

*6 to 8 chicken pieces  
1 can (16 ounce) Sunkist  
orange or diet orange soda  
2 tablespoons teriyaki  
sauce  
salt (to taste), if needed  
2 to 3 tablespoons,  
cornstarch*

## Preparation Time: 5 minutes

### Bake Time: 1 hour

Clean the chicken removing any fat or skin.  
Place in a 13x9-inch casserole dish.

In a bowl, mix together the soda and teriyaki  
sauce. Pour over the chicken. Cover with foil.

Bake in the oven at 350 degrees for one hour.

Baste the chicken three or four times during the  
baking time.

Remove the chicken and thicken the sauce with  
the cornstarch.

Good served with buttered noodles or rice.

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Per Serving (excluding unknown  
items): 239 Calories; 16g Fat  
(62.9% calories from fat); 21g  
Protein; 1g Carbohydrate; trace  
Dietary Fiber; 99mg Cholesterol;  
307mg Sodium. Exchanges: 3  
Lean Meat; 0 Vegetable; 1 1/2 Fat.