
Teriyaki Chicken II

Rebecca Hauge - Dayton's RRidgedale

1993 United Way Cookbook Committee - Dayton's, Marshall Field and Hudson's Stores

Servings: 4

3 pounds boneless chicken breasts

1/2 cup soy sauce

1/4 cup vegetable oil

1 cup sugar

3 tablespoons dry mustard

3 tablespoons honey

6 cloves garlic, minced

hot cooked white rice

Cut the chicken into 1/2 inch slices and arrange in a 12x9x2-inch pan.

In a medium bowl, combine the soy sauce, vegetable oil, sugar, mustard, honey and garlic. Pour over the chicken.

Marinate for one hour.

Bake for 25 to 30 minutes.

Serve with rice.

Chicken

Per Serving (excluding unknown items): 403 Calories; 15g Fat (31.5% calories from fat); 3g Protein; 68g Carbohydrate; 1g Dietary Fiber; 0mg Cholesterol; 2059mg Sodium. Exchanges: 0 Grain(Starch); 0 Lean Meat; 1 Vegetable; 3 Fat; 4 Other Carbohydrates.