

Teriyaki Chicken with Vegetables

INGREDIENTS

- » 1 tbsp teriyaki sauce, reduced sodium
- » 1/2 tsp water
- » 1 clove garlic, minced
- » 1 tsp grated fresh ginger
- » 6 oz chicken breast, boneless, skinned, cut into long 3/4" wide strips
- » 1 1/2 tsp pineapple juice (drained from pineapple pieces)
- » 1 tsp cornstarch
- » 1/2 tsp soy sauce, reduced sodium
- » 1/2 tsp brown sugar
- » Nonstick vegetable cooking spray
- » 1 tsp vegetable oil
- » 1/4 cup onion, sliced
- » 1/4 cup red bell pepper, sliced
- » 1/4 cup green bell pepper, sliced
- » 1/2 cup mushrooms, sliced
- » 1/4 cup snow peas, sliced in half
- » 2 tbsp pineapple pieces
- » 1/4 cup long-grain white rice cooked according to directions without salt or fat

Nutritional Content

Per Serving

Calories	521 cal	Cholesterol	97mg
Protein	45g	Sodium	589mg
Carbohydrate	62g	Calories from Fat	13%
Fat	8g	Fiber	3g
Saturated Fat	1g		

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INSTRUCTIONS

Combine teriyaki sauce, water, minced garlic, and fresh ginger in a small bowl. Stir in chicken strips. Marinate at room temperature for 10 minutes, stirring occasionally. Meanwhile, combine pineapple juice, cornstarch, soy sauce, and brown sugar in a small bowl. Set aside. Preheat broiler. Drain chicken and thread it onto one 10" to 12" skewer or two 6" skewers, in a weaving fashion. Place on broiler pan 4 to 5 inches from the heat source. Broil for 3 minutes. Turn the chicken over and broil (about 3 minutes more) until chicken is tender and no longer pink. Set aside and keep cooked chicken strips warm. In a skillet sprayed with nonstick vegetable cooking spray, over medium-high heat, add vegetable oil. Add onion, red and green bell peppers, mushrooms, and snow peas. Stir-fry vegetables 4 to 6 minutes until tender. Add pineapple pieces and soy sauce/pineapple juice mixture and stir until thickened. Remove from heat. Serve with chicken and rice. Serves 1.