

TERIYAKI CHICKEN

Weekly Recipe

Directions:

Start with flash frozen chicken tenderloins (fresh is better), bought from the store. It costs about \$8 for a bag. With the addition of the veggies, and rice, there is always enough.

Put the chicken in a skillet with about 1 tbsp of olive oil or 2 Tbsp butter, and season it to your liking... Use Lawrey's Seasoned salt, and coarse ground black pepper.

Next, add freshly chopped garlic. We like to use elephant garlic because the large size is better than having to peel several smaller cloves. Dice it up nice and small, and add it to the pan.

Slice some carrots in half first, so that they will lay flat and stable when you cut them up.

Then cut them into slivers, about 1/8 inch thick, and diagonally across and add them to the pan.

Chop up some fresh red onion, and add those as well. Just keep everything simmering on a medium heat.

Next, cut up some Pasilla peppers, red bell peppers, green bell peppers, and celery. The addition of pineapple chunks really sets off the flavors, by adding a bit of sweet, to the slightly spicy pasilla pepper.

Once the onion has had a chance to cook a bit, add Kikoman's Teriyaki sauce, and about 1/4 tsp of Worcestershire sauce, and wait for it to get hot again, and then add the rest of your vegetables, but not the pineapple yet. If you want to add a bit of spice to this dish, just add some cayenne pepper. But remember, the longer you cook it, the hotter it gets, so be gentle with it, or wait, and add it to your plate.

Measure out the water for your rice, and boil some of the pineapple chunks in the water for about three minutes, so that the water will flavor the rice a bit.

While waiting for the rice to be done, keep an eye on the teriyaki chicken, so that it doesn't get too hot.

You want to make sure that you end up with plenty of sauce, so you may need to add a bit of water towards the end. If you do, make sure it heats back up before you serve it up.

It only takes about a half hour to make, it's cheap, easy to make, and absolutely delicious. Enjoy!

Frozen Chicken Tenderloin Tips and Information:

1. Wash hands. Remove protective ice glaze from frozen tenderloins by holding under lukewarm running water about 1 minute. Pat dry. Wash hands.
2. Heat 1 tablespoon oil in large skillet over medium; add chicken; cover and cook, turning occasionally, 10 to 12 minutes or until browned

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NUTRITION FACTS PER SERVING

Serving size: 2 people

Calories 80
Calories from Fat 5
% Daily Value based on a 2,000 calorie diet
Total Fat 0.5g 1%
Saturated Fat 0g 0%
Cholesterol 40mg 13%
Sodium 180mg 8%
Total Carbohydrate 0g 0%
Dietary Fiber 0g 0%
Sugars 0g
Protein 19g 38%
Vitamin A 0%
Vitamin C 0%
Calcium 0%
Iron 0%

