



Cornell Health & Nutrition Balanced Choices for Life

Recipes

Dinner: Teriyaki Chicken

Serves 4 - 6

Ingredients

1 3½ - 4 lb chicken cut into pieces
½ cup bottled teriyaki sauce

Directions

1. Pre-heat oven to 400 degrees.
2. Prepare chicken by rinsing and patting dry with a paper towel. Place it in a roasting pan. Drizzle half (1/4 cup) of the teriyaki sauce over the chicken and turn it to coat the chicken parts.
3. Roast for 30 minutes, then open the oven and slide the rack out. Add ¼ cup additional teriyaki sauce. Carefully push the rack back and close the oven door.
4. Continue roasting for 15 more minutes or until a chicken thigh registers 180 degrees.

Serve with rice.

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