

Sheet Pan Teriyaki Chicken



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Recipe by: Laura Vitale

Serves 6

Prep Time: 15 minutes
Cook Time: 45 minutes

Ingredients

For the sauce:

- __ 1 cup of Low Sodium Soy Sauce
- __ 6 Tbsp of Brown Sugar
- __ 2 Tbsp of Rice Vinegar
- __ 2 tsp of Toasted Sesame Oil
- __ 2 tsp of Grated Ginger
- __ 2 Cloves of Garlic (or one really big one), grated
- __ 2 Tbsp of Cornstarch
- __ 2/3 cup of Water
- __

For the Chicken and Veggies:

- __ 4 Chicken Breast (about 8-10oz each) in about 1/2" thickness or 2lb of boneless, skinless thighs
- __ 8 cups total of veggies of choice such as broccoli, bell peppers, onions, snap peas
- __ Drizzle of olive oil
- __ Sesame Seeds
- __ Chopped Scallions

1) Preheat your oven to 425 degrees. In a saucepan, add everything for the sauce with the exception of cornstarch and water, that you can set aside for now. Bring the sauce to a boil, simmer over medium low heat for a few minutes then mix together the cornstarch and water, add that to the sauce, boil for another 2 to 3 minutes then set aside off the burner to cool.



2) Lay a baking sheet with parchment paper, add the veggies and toss them with a touch of salt, then push the veggies to the edges of the pan, add the chicken to the sheet pan, coat the bottom with a little sauce, flip it over then drizzle half the sauce all over the chicken and veggies reserving the other half.

3) Roast the chicken and veggies for about 25 minutes (adjust if your chicken is thicker) then broil for the last 2 minutes making sure to keep an eye on it so it doesn't burn.

4) When ready, drizzle the rest of the sauce all over and sprinkle sesame seeds and scallions over it. Serve with some rice and enjoy!