

Teriyaki Marinated Chicken

Soy sauce, mirin, brown sugar, garlic and ginger combine in this teriyaki-inspired marinade for grilled chicken. Try it with pork chops if you prefer. Grill fresh pineapple slices and asparagus alongside for simple side dishes.



Ingredients

- ½ cup reduced-sodium soy sauce
- ¼ cup sake or mirin
- 2 tablespoons light brown sugar
- 2 cloves garlic, minced
- 1 tablespoon minced fresh ginger
- 1–1 ¼ pounds boneless, skinless chicken breast

Instructions

1. Whisk soy sauce, sake (or mirin), brown sugar, garlic and ginger in a bowl until the sugar is dissolved.
2. Place chicken in a shallow dish or 1-gallon sealable plastic bag. Add the marinade and refrigerate for at least 1 hour or up to 12 hours. Remove from the marinade and pat dry.
3. Preheat grill to medium-high or position a rack in upper third of oven and preheat broiler.
4. To grill: Oil the grill rack. Grill the chicken, turning once, until an instant-read thermometer inserted into the thickest part registers 165°F, 4 to 8 minutes per side.
5. To broil: Line a broiler pan (or baking sheet) with foil and coat with cooking spray. Place the chicken on the foil. Broil, watching carefully and turning at least once, until an instant-read thermometer inserted into the thickest part registers 165°F, 10 to 15 minutes total.

Nutrition Per Serving

134 Calories, Total Fat: 2 g, Saturated Fat: 0 g, Cholesterol: 62 mg, Carbohydrates: 2 g, Fiber: 0 g, Total Sugars: 1 g, Added Sugars: 1 g, Protein: 23 g, Sodium: 263 mg, Potassium: 204 mg, Iron: 0 mg, Folate: 3 mcg, Calcium: 13 mg, Vitamin A: 15 IU, Vitamin C: 0 mg

Carbohydrate Servings: 0

Yield:
4 servings

Active Time:
10 minutes

Total Time:
1 ½ hours
(including 1 hour
marinating time)

Make Ahead Tips:

Cover and refrigerate the marinade for up to 3 days; marinate the chicken for up to 12 hours.

