

Easy Teriyaki Chicken

Easy Teriyaki Chicken is perfect for quick weeknight dinners. This simple recipe combines soy sauce, brown sugar, and spices into a delicious marinade that doubles as a glaze. Chicken thighs work best for their juiciness and flavor. You can marinate the chicken for as little as 30 minutes or up to a day, making it very flexible. Serve it with rice and broccoli for a tasty, budget-friendly meal that's easy to whip up on any busy night.

Yield: 5 thighs **Serving Size:** 1 thigh

Ingredients:

- 1/4 cup low sodium soy sauce
- 3 Tbsp brown sugar
- 1 Tbsp water
- 1 clove garlic, peeled and minced
- 1 tsp grated fresh ginger
- 2 Tbsp cooking oil, divided
- 1.75 lbs. boneless, skinless chicken thighs

Instructions:

1. Start by making the marinade. In a bowl, mix together soy sauce, brown sugar, water, garlic, ginger, and 1 tablespoon of cooking oil.
2. Place the chicken in a shallow dish and pour the marinade over it. Turn the chicken a few times so it's well coated. Let the chicken sit in the marinade for 30 minutes up to one day in the fridge. Remember to turn the chicken now and then while it marinates.
3. When you're ready to cook, heat the remaining 1 tablespoon of cooking oil in a large skillet over medium heat. Once the oil is hot, add the chicken and leave behind the marinade that's left in the dish.
4. Cook the chicken for about 5-7 minutes on each side until it's fully cooked and the liquid in the pan turns into a thin glaze on the chicken.
5. Take the chicken out of the skillet and put it on a cutting board. Let it rest for about 5-10 minutes before slicing.

Per Serving: Calories 143 kcal, Carbohydrates 7.2g, Protein 11.3g, Sat Fat 1.4g, Sodium 386.6 mg, Sugar 5.9g

This recipe was adapted and modified from BUDGET BYTES <https://www.budgetbytes.com/easy-teriyaki-chicken/>