

Chicken Teriyaki

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Prep Time: 15 mins (+4 hours marinating time)

Cooking Time: 15 mins

Ingredients

2 - 6 oz. Chicken breasts

1/2 cup Cauliflower

1/2 cup Broccoli

Marinade

2 tablespoons olive oil

4 tablespoons low sodium soy sauce

1/2 cup onion, chopped

2 cloves garlic, chopped

1/2 teaspoon ginger

Method

Blend marinade. Butterfly chicken breasts and tenderize till the breasts are of even thickness. Marinade with spices at least 4 hours or overnight. Grill chicken and steam veggies until desired softness.

Nutrition Info.

Cal 360 | Fat 16g | Chol 100mg | Carb 10g | Pro 43g

This recipe makes 2 servings.