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Teriyaki Chicken and Rice Casserole

YMCA of Northern Rock County

With its sweet and salty, and slightly tangy flavor, teriyaki might be one of the easiest international flavors for kids to get excited about!

Servings: 8 (approx. 1 1/4 cups each)

Ingredients:

3/4 cup low sodium soy sauce	2 tablespoons corn starch
1/2 cup water	1/4 cup water
1/2 cup reserved juice from canned pineapple	1 1/2 lbs. boneless skinless chicken breasts
1/3 cup packed brown sugar	32 oz. frozen mixed vegetables
1 tablespoon honey	1 cup drained canned pineapple tidbits or chunks (packed in juice or with no added sugar)
3/4 teaspoon ground ginger	3 cups cooked brown rice
1 teaspoon olive oil	
1 large clove garlic, minced	

Directions:

Step 1 - Pre-heat oven to 350F.

Step 2 - Combine soy sauce, 1/2 cup water, 1/2 cup reserved pineapple juice, brown sugar, honey, ginger, olive oil and garlic in a small saucepan and cover. Bring to a boil over medium heat. Remove lid and cook for one minute.

Step 3 - While waiting for sauce to come to a boil, stir together corn starch and 1/4 cup water in a separate bowl until smooth. When sauce boils, add cornstarch/water mixture to saucepan and stir to combine. Cook for another minute until sauce starts to thicken; remove from heat.

Step 4 - Lay raw chicken breasts flat in a 9"×13" casserole dish and pour about a cup of sauce over top of chicken. Place chicken in oven and cook for 30-35 minutes until breasts are cooked through. Remove baking dish from oven and shred chicken right in dish using two forks.

Step 5 - While chicken is cooking, steam or cook frozen vegetables according to package directions.

Step 6 - Add vegetables, pineapple and rice to casserole dish with shredded chicken. Add most of the remaining sauce, reserving a bit to drizzle over the top when finished. Stir everything together in the casserole dish until well combined. Return dish to oven and cook for 15 minutes. Remove from oven; drizzle with remaining sauce and serve.

Nutritional Information:

Calories: 368

Fat: 4.4g

Carbs: 46.9

Protein: 32.3g



This recipe is provided to you by Y
Personal Trainer, Kelly Jones

Recipe adapted from:
<https://emilybites.com/2015/11/teriyaki-chicken-and-rice-casserole.html>