



Grilled Teriyaki Chicken

INGREDIENTS:

4 (4 ounce)	Boneless, skinless, trimmed chicken breast
1/4 cup	Low sodium soy sauce
1/4 cup	Mirin (Rice wine vinegar)
2 Tablespoon	Sugar

PREPARATION:

- Pre-heat grill. Make sure grill is completely cleaned and hot before grilling.
- In a small sauce pan, add mirin, soy sauce, and sugar to create teriyaki sauce.
- Heat mixture on low heat until sugar is completely dissolved. Set aside.
- Place chicken breasts across grill. Cook 3 minutes one way and then turn (so there is a crisscross pattern) cook an additional 3 minutes.
- Turn chicken over onto other side and repeat the step above. (Doing this will give you great grill marks).
- Before taking breasts off the grill, brush teriyaki sauce over both sides.

Number of servings:	4
Serving size:	1 breast with 1 ounce of sauce
Calories:	216
Fat grams:	2

