



Sesame Teriyaki Chicken

Prep Cook Time: 15 minutes

SERVES: 4-6

Ingredients:

1.5 lbs. Boneless chicken breasts
½ cup teriyaki sauce
½ teaspoon pepper
4 minced garlic cloves
¼ cup chicken broth
2 teaspoons minced fresh ginger root
4 tablespoons sesame seeds

Steps:

1. Combine sauce, broth, pepper, garlic, and ginger root. Mix well.
2. Place cutlets in marinade for 20 minutes. Toast sesame seeds, careful not to burn!
3. Grill or turn oven to broil. Remove chicken from marinade.
4. Grill until tender or broil 5-6 minutes, turning once.
5. When cooked, sprinkle with toasted sesame seeds.