



Chicken Teriyaki

Recipe HACCP Process: #2 Same Day Service

Serving Size: 2 oz

Yield: 50

Source: JSI Back to Basics: Asian Fusion Recipe (adapted from: Taste of Home)

Ingredients:

Ingredient Name	Measurements
Chicken breast, raw, boneless, skinless	8 lbs + 6 oz
Scallions, medium	9 medium
Soy Sauce, reduced sodium	1 cup + 2/3 Tbsp
Sugar, granulated	¾ cup + ½ Tbsp
Vinegar, rice	½ cup + 1 tsp
Garlic, jarred, minced	¼ cup + ½ tsp
Sesame seeds, toasted, unsalted (unsalted)**	¼ cup + ½ tsp
Pepper, black, ground	1 tsp
Teriyaki sauce (JSI recipe; prepared separately)	1 cup + 2/3 Tbsp
Cooking Spray	As needed

**Note: Choose USDA foods whenever available to save on cost. Note yield, crediting, and nutritionals may change if substituted.*

***Note Sesame seeds can be eliminated if there is concern of an allergy.*

Instructions:

1. Fillet chicken breast to 1/2 inch thickness, then cut into 1/2 inch strips. If using frozen chicken, defrost before portioning.
2. To make the marinade, in a large bowl combine the scallions, soy sauce, sugar, vinegar, garlic, sesame seeds (if using), and black pepper.
3. Add the chicken to the marinade and mix thoroughly. Refrigerate and let marinate for at least 30 minutes, but preferably overnight.
4. Preheat oven to 425°F. Line a sheet pan with parchment paper and spray generously with cooking spray.
5. Place chicken in a single layer on a sheet pan, being careful not to overcrowd the pan, and bake at 425°F for 15-20 minutes or until chicken reaches internal temperature of 165°F for at least 15 seconds. Place chicken on every other rack in the oven to avoid steaming versus roasting the chicken.
6. Transfer cooked chicken to a hotel pan and top with teriyaki sauce and sprinkle sesame seeds (if using).
7. Hold for hot service at 135°F or higher.

Nutritional Analysis:

Nutrients	Nutrients Per Serving
Calories	71.47 kcals
Total Fat	1.74 g
Saturated Fat	0.57 g
Trans Fat	0.00 g
Cholesterol	22.93 mg
Sodium	358.01 mg
Total Carbohydrate	4.40 g
Dietary Fiber	0.21 g
Total Sugars	3.23 g
Protein	9.36 g

Meal Component Information:

Meal Component	Amount
Meat/Meat Alternate	2 oz equivalent