



TERIYAKI CHICKEN WITH RICE AND VEGETABLES

Ingredients:

- 1 cup of prepared teriyaki sauce (1/2 cup for recipe, 1/4 cup before baking and 1/4 cup for serving)
- 1 1/2 cup of uncooked instant brown rice
- 1/2 can of pineapple chunks
- 1 16 oz. bag of frozen stir-fry vegetables
- 1 1/4 cups of low sodium chicken broth
- 6 thin-sliced chicken breasts
- salt and pepper
- optional garnish: sliced green onions

Directions:

In a large bowl, stir together rice, undrained pineapple, frozen vegetables, chicken broth and 1/2 cup of the teriyaki sauce.

Pour ingredients into a 9"x13" baking pan, then add the chicken on top and season with salt and pepper. Pour remaining 1/4 cup of teriyaki sauce over the chicken and cover the pan tightly with foil.

Freeze until ready to bake.

Thaw in the refrigerator overnight before cooking. Then, bake the covered dish at 400° for one hour.

Garnish with additional teriyaki sauce. You could also add sliced green onions before serving.