

## **Chicken Teriyaki**

*The key to this simple dish is quality chicken and good teriyaki sauce. Buy organic, free-range chicken if you can. Serves 3-4 as a main course.*

Prep Time: *5 minutes*    Marinating Time: *at least 6 hours*    Cook Time: *8 minutes*

- 1 lb boneless, skinless chicken thighs
- 2-3 cloves garlic
- 3/4 c teriyaki sauce

1. Rinse the chicken thighs. Pat dry and place in a large Ziploc bag.
2. Mince the garlic. Stir into the teriyaki sauce. Pour sauce over chicken, seal, and refrigerate for at least 6 hours, or up to 24 hours.
3. Preheat grill to medium. Grill chicken thighs for 3-4 minutes per side, or until no longer pink in the center. Serve with rice and vegetables.

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