

Teriyaki Chicken Casserole

Oshkosh Community YMCA

Teriyaki Chicken Casserole is full of savory chicken, rice and vegetables. The teriyaki sauce gives it outstanding flavor!

Ingredients:

- 3/4 cup low-sodium soy sauce
- 1/2 cup water
- 1/4 cup brown sugar
- 1/2 teaspoon ground ginger
- 1/2 teaspoon minced garlic
- 2 Tablespoons cornstarch + 2 Tablespoons water
- 1 pound boneless skinless chicken breasts
- 1 bag (12 ounces) stir-fry vegetables (broccoli, carrots, snow peas, etc.) (can be found in the produce section of grocery stores)
- 3 cups cooked brown or white rice



Instructions:

1. Preheat oven to 350° F. Spray a 9×13-inch baking pan with non-stick spray.
2. Combine soy sauce, 1/2 cup water, brown sugar, ginger and garlic in a small saucepan and cover. Bring to a boil over medium heat. Remove lid and cook for one minute once boiling.
3. Meanwhile, stir together the corn starch and 2 tablespoons of water in a separate dish until smooth. Once sauce is boiling, add mixture to the saucepan and stir to combine.

Cook until the sauce starts to thicken then remove from heat.

4. Place the chicken breasts in the prepared pan. Then place the veggies all around the chicken breasts. Pour one cup of the sauce over top of chicken and veggies. Cover pan with foil and bake for 30 minutes or until internal temperature of chicken reaches 165 degrees F. Remove from oven. Carefully remove foil and shred chicken while still in the dish, using two forks.
5. Add the cooked rice to the casserole dish. Add most of the remaining sauce, reserving a bit to drizzle over the top when serving. Gently toss everything together until combined. Return to oven and cook 10 minutes or until everything is heated through. Remove from oven and let stand 5 minutes before serving. Drizzle each serving with remaining sauce. Enjoy!

Nutrition:

Nutrition Facts		Amount	% Daily Value*	Amount	% Daily Value*
Amount per 413 g		Total Fat 3.9g	6%	Total Carbohydrates 65g	22%
1 serving (14.6 oz)		Saturated 0.8g	4%	Dietary Fiber 4g	17%
		Trans Fat 0g		Sugars 14g	
Calories 447		Cholesterol 83mg	28%	Protein 36g	72%
From fat 35		Sodium 1818mg	76%		
<i>HappyForks.com</i>		Calcium 7% • Iron 13%		Vitamin A 87% • Vitamin C 15%	
* Percent Daily Values are based on 2000 calorie diet. Your Daily Values may be higher or lower depending on your calorie needs.					

Nutrition is provided as a courtesy and is an estimate. If this information is important to you, please have it verified independently.

Like what you tried? Email us at katieConklin@oshkoshymca.org

Recipe source <https://life-in-the-loft-house.com/teriyaki-chicken-casserole>