

Sesame Teriyaki Chicken and Brown Rice

Brown Rice

3 oz Brown Rice-Raw
5 7/8 oz Water

Combine Rice and Water in a medium sized sauce pan. Bring to boil. Cover and reduce heat. Simmer for 45-50 minutes or until rice is tender. Drain and set aside until needed.

Sesame Teriyaki Marinade for Chicken

2 tsp Olive Oil
3 tsp Teriyaki Sauce
1 tsp Soy Sauce
1 tsp Ground Black Pepper
1/8 Tbsp Chinese Sesame Seed Oil
1/4 Tbsp Brown Sugar
1 1/4 Tbsp Unsweetened Canned Pineapple Juice

Combine all ingredients. Whisk until well blended. Set aside until needed.

Sesame Teriyaki Chicken

1 recipe Teriyaki Sesame Marinade (see above)
8 1/2oz Boneless Skinless Raw Chicken Thigh
1 1/4 tsp Sesame Seeds

Prepare marinade according to recipe. Pour over chicken, turning to evenly coat. Refrigerated for at least 12 hours to marinate chicken. Drain and discard marinade when ready to cook chicken. Combine chicken and sesame seeds. Turn to coat evenly. Sautee chicken in a skillet over medium heat for 10-15 minutes. Turn once to cook evenly on both sides. Chicken should be firm with no pink in the middle or juices running out when done. (Pro Tip: Internal temperature should be at 165 degrees for 15 seconds.) Cut chicken into 1/4" strips and serve over Brown Rice.

Round out the meal with a vegetable of your choice!



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