

chicken teriyaki

Makes 5 servings

RECIPE ADPATED FROM: [Eat Life Whole](#)

COOK TIME: 15-20 minutes

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- ½ cup low-sodium tamari or soy sauce
 - 2 Tbsp water
 - 1 Tbsp honey, melted
 - 3 cloves garlic, minced
 - 1 Tbsp ginger (about 2" ginger), grated
 - 3 green onions, thinly sliced, divided
 - 2 lbs chicken (I used 1 lb boneless, skinless breast and 1 lb boneless, skinless thighs)
 - ¼ tsp red pepper flakes (optional)
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NOTE: You can also use this marinade on fish, beef, tofu or vegetables.

POUR tamari in bowl and add water, melted honey, minced garlic, grated ginger, and half of the thinly sliced green onions (the other half will be used for garnish).

WHISK until everything is combined. The sauce is ready to use as a marinade OR store in the refrigerator for up to a week.

ADD the chicken to the marinade and let it sit for about 10 minutes. While the chicken is marinating, pre-heat your pan or grill.

PLACE chicken on the grill pan or grill and cook until done (timing will depend on thickness of the meat), flipping once.

GARNISH with the remaining slices of green onion.

