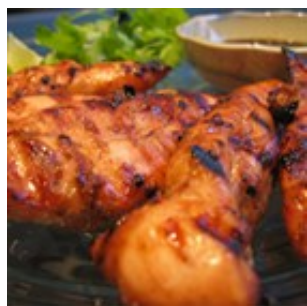


Easy Grilled Chicken Teriyaki



Rated: ★★★★★

Submitted By: prissycat
Photo By: PARKER71

Prep Time: 15 Minutes | Ready In: 1 Day 30 Minutes
Cook Time: 15 Minutes | Servings: 4

"Chicken breasts marinated in teriyaki sauce, lemon, garlic, and sesame oil, then grilled to a tasty finish. Very easy and great for a hot summer's evening. Leftovers are great on a green salad or sandwich. Be sure to grill very hot and very fast!!"

INGREDIENTS:

- | | |
|--|---------------------------------|
| 4 skinless, boneless chicken breast halves | 1/4 cup lemon juice |
| 1 cup teriyaki sauce | 2 teaspoons minced fresh garlic |
| | 2 teaspoons sesame oil |

DIRECTIONS:

1. Place chicken, teriyaki sauce, lemon juice, garlic, and sesame oil in a large resealable plastic bag. Seal bag, and shake to coat. Place in refrigerator for 24 hours, turning every so often.
2. Preheat grill for high heat.
3. Lightly oil the grill grate. Remove chicken from bag, discarding any remaining marinade. Grill for 6 to 8 minutes each side, or until juices run clear when chicken is pierced with a fork.

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Plan Healthy Meals

Monday



Tuesday



Wednesday



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