



Recipes by Peter

Ask a question: [cookingwithpeterok@gmail.com](mailto:cookingwithpeterok@gmail.com)

### **EASY SHEET PAN TERIYAKI CHICKEN WITH ROASTED VEGETABLES**

This is a SUPER EASY WAY to make great tasting Teriyaki Chicken and roasted vegetables.

The oven does 90% of the work, and it's ready in less than 45 minutes from start to finish.

#### **INGREDIENTS**

- \* 3 Chicken Breast
- \* 4-6 Cups of Chopped Vegetables of Your Liking (such as broccoli, squash, red and green peppers, asparagus, onion.)
- \* 1 Cup of Cherry or Grape Tomatoes
- \*  $\frac{3}{4}$  Cup Prepared Teriyaki Sauce/Glaze
- \* Salt, Pepper and Garlic Seasoning to Your Taste



#### **DIRECTIONS:**

Preheat oven to 425 degrees. Place one of the oven racks in the middle of the oven and another one on the upper rack location.

Wrap Sheet pan with heavy duty aluminum foil for easy clean up.

Spray aluminum foil with canola oil spray so the food will release easily.

Place the three chicken breast on the sheet pan, spread the vegetables around the chicken. Make several slices into the chicken about  $\frac{1}{2}$  inch apart, but not all the way through the chicken.

Spray canola oil over the vegetables and chicken. Sprinkle salt, pepper and garlic seasoning over the vegetables and a bit on the chicken. Be careful with the salt on the chicken because the teriyaki sauce has a lot of salt.

Pour the teriyaki sauce over the chicken, putting some of the sauce into the cuts of the chicken.

Place the sheet pan in the middle rack of the oven and bake the chicken and vegetables for 30 minutes.

Once 30 minutes is up, immediately turn the oven off and then immediately turn the oven broiler on.

Move the sheet pan to the upper rack and broil the food for 2 minutes. **DO NOT WALK AWAY FROM THE OVEN** as this will burn quickly with the sugar from the teriyaki sauce.

Remove from the oven. Turn oven off.

Serve over rice if you like and enjoy!