



Teriyaki Turkey (or Chicken)

Makes: 50 child servings

Ingredients

Imperial Measurement	Ingredient	Metric Measurement
7.7 lbs	boneless, skinless turkey or chicken, thawed (approx. twenty 6 oz (170 g) pieces)	3.5 kg
1 cup	honey, maple syrup, or brown sugar	250 mL
¼ cup	vegetable oil	60 mL
6 tbsp	rice vinegar	90 mL
6 tbsp	reduced sodium-soy sauce	90 mL
8 cloves	garlic, minced	8 cloves
6 tbsp	fresh ginger, grated	90 mL

Instructions

1. Preheat oven to 350°F (180°C).
2. Cut chicken into bite-sized (1-inch) pieces.
3. In a large bowl, mix honey (or maple syrup or sugar), oil, vinegar, soy sauce, garlic, and ginger.
4. Add chicken to bowl and toss to coat. Cover and refrigerate. Marinate for at least 1 hour.
5. Transfer chicken and sauce to parchment-line baking sheet. Bake until chicken is well browned and cooked through, approx. 30 – 45 minutes.
6. Remove chicken from baking sheet. Separate juice. Simmer juice in small pot until thickened.
7. Drizzle glaze over chicken.

Vegetarian Substitution suggestion: Teriyaki Tofu (see recipe)

8.

Nutrition Information	
Serving 75 g	
Calories	110
Fat	2.5 g
	Saturated 0.5 g
	+ Trans 0 g
Sodium	115 mg
Carbohydrates	7 g
	Fibre 0 g
	Sugars 6 g
Protein	15 g
Calcium	20 mg
Iron	1 mg

Food Guide Servings
1 Meat & Alternative