



Teriyaki Chicken and Cabbage

Introduce new flavors with this tasty meal.

Ages: 6–18 years **Prep time:** 4 hours 20 minutes
(4 hours for marinating)

Makes: 6 servings **Cook time:** 25 minutes

the INGREDIENTS

3 Tbsp soy sauce, reduced-sodium

2 tsp vegetable oil

¼ tsp black pepper, ground

¼ tsp garlic powder

¼ tsp ginger ground

2 lb 1 ¾ oz chicken, thighs, boneless, skinless
(about 12 chicken thighs)

6 ⅔ cups cabbage, fresh, shredded, ¼" thick

the DIRECTIONS

1. Wash hands with soap and water for at least 20 seconds.
2. Prepare marinade: In a medium bowl, combine soy sauce, vegetable oil, pepper, garlic powder, and ginger. Whisk until smooth.
3. Pour half of marinade mixture into the bottom of two 9" x 13" glass or ceramic baking dishes. Refrigerate the other half of the marinade mixture at 40 °F or lower for use in step 9 (referred to as "reserved marinade").
4. Place chicken in baking dishes. Cover. Marinate in the refrigerator at 40 °F or lower for 2 hours. Flip chicken to marinate other side. Cover. Marinate in the refrigerator for 2 more hours. Wash hands after touching uncooked chicken (see chef tips).
5. Preheat oven to 400 °F.
6. Divide cabbage in half and spread shredded cabbage on the bottom of two clean 9" x 13" baking dishes.
7. Remove chicken from marinade. Discard any remaining marinade (see chef tips).
8. Place chicken on top of cabbage (6 pieces per baking dish). Wash hands after touching uncooked chicken.
9. Pour the reserved marinade over the chicken.
10. Bake for 25 minutes. Heat chicken to an internal temperature of 165 °F or higher for at least 15 seconds.
11. Serve 2 chicken thighs and ½ cup of cooked cabbage. Serve immediately, or keep warm at 140 °F or higher.



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NUTRITION INFORMATION

2 chicken thighs and ½ cup cabbage

Nutrients	Amount
Calories	220
Total Fat	10 g
Saturated Fat	3 g
Cholesterol	86 mg
Sodium	332 mg
Total Carbohydrate	6 g
Dietary Fiber	2 g
Total Sugars	2 g
Includes Added Sugars	N/A
Protein	25 g
Vitamin D	N/A
Calcium	50 mg
Iron	1 mg
Potassium	N/A

N/A = Data not available

Source: Team Nutrition CACFP Easy
Recipe Project

TeamNutrition.USDA.gov

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CACFP CREDITING INFORMATION

½ cup vegetable
2 oz eq meat

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CHEF TIPS

- Chicken can be marinated overnight in the refrigerator at 40 °F or lower. If marinating overnight, marinade should cover the chicken thighs to prevent the need to flip them over.
- Do not re-use marinade.

