



# Teriyaki Chicken and Cabbage

Introduce new flavors with this tasty meal.

**AGES:** 6–18 years

**PREP TIME:** 4 hours 40 minutes (4 hours for marinating)

**COOK TIME:** 25 minutes

### CACFP CREDITING INFORMATION

½ cup vegetable

2 oz eq meat

### SOURCE

Team Nutrition CACFP Easy Recipe Project

[TeamNutrition.USDA.gov](http://TeamNutrition.USDA.gov)

INGREDIENTS	25 SERVINGS		50 SERVINGS		DIRECTIONS
	Weight	Measure	Weight	Measure	
					<ol style="list-style-type: none"> <li>1 Wash hands with soap and water for at least 20 seconds.</li> </ol>
Soy sauce, reduced-sodium		¾ cup		1½ cups	<ol style="list-style-type: none"> <li>2 Prepare marinade: In a medium bowl, combine soy sauce, vegetable oil, pepper, garlic powder, and ginger. Whisk until smooth.</li> </ol>
Vegetable oil		2 Tbsp + 2 tsp		⅓ cup	
Black pepper, ground		1 tsp		2 tsp	
Garlic powder		1 tsp		2 tsp	

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Ginger, ground		1 tsp		2 tsp	
					<p><b>3</b> Pour half of marinade mixture into a small bowl and refrigerate at 40 °F or lower for use in step 9 (referred to as “reserved marinade”).</p>
					<p><b>4</b> Divide the remaining marinade between plastic steam table pan (12" x 20" x 2½").  <b>For 25 servings</b>, use 2 pans.  <b>For 50 servings</b>, use 3 pans.</p>
Chicken, thighs, boneless, skinless	8 lb 13 oz	50	17 lb 10 oz	100	<p><b>5</b> Place chicken in dish. Cover. Marinate in the refrigerator at 40 °F or lower for 2 hours. Flip chicken to marinate the other side. Cover. Marinate in the refrigerator for 2 more hours. Wash hands after touching uncooked chicken (see notes).</p>
					<p><b>6</b> Preheat oven to 400 °F.</p>
Cabbage, fresh, shredded, ¼" thick	5 lb 2 oz	1 gal + 3 qt	10 lb 4 oz	3 gal + 2 qt	<p><b>7</b> Evenly divide and spread shredded cabbage on the bottom of clean steam table pan (12" x 20" x 2½").  <b>For 25 servings</b>, use 2 pans.  <b>For 50 servings</b>, use 3 pans.</p>
					<p><b>8</b> Remove chicken from marinade. Discard any remaining marinade. Top cabbage with chicken. Wash hands after touching uncooked chicken (see notes).</p>
					<p><b>9</b> Pour the reserved marinade over the chicken.</p>



INGREDIENTS	25 SERVINGS		50 SERVINGS		DIRECTIONS
	Weight	Measure	Weight	Measure	
					<b>10</b> Bake for 25 minutes. Heat to an internal temperature of 165 °F or higher for at least 15 seconds.
					<b>11</b> Serve 2 chicken thighs and ½ cup (#8 scoop) of cooked cabbage. Serve immediately, or keep warm at 140 °F or higher.



**NUTRITION INFORMATION**

2 chicken thighs and ½ cup cabbage

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

N/A = Data not available

**NOTES**

- 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.

**YIELD/VOLUME**

<b>25 Servings</b>	<b>50 Servings</b>
Weight: 13 lb 8 oz	Weight: 27 lb
Yield: 50 thighs and 3 qt ½ cup cabbage	Yield: 100 thighs and 1 gal 2 qt 1 cup cabbage