



# Baked Teriyaki Chicken

Tender chicken with a made-from-scratch teriyaki glaze that caramelizes the chicken and gives it a deep rich flavor. Served with rice and vegetables, this is a student favorite!

**Recipe Project Name:** Fiscal Year 2021 Cohort A Team Nutrition Training Grant for School Meal Recipe Development  
Iowa Department of Education

**Preparation Time:** 1 hour  
**Cook Time:** 45 minutes

**NSLP/SBP crediting information:**  
1 ¾ cup provides 2 ½ oz equivalent meats/meat alternates, ⅓ cup red/orange vegetable, and 2 oz equivalent grains.

INGREDIENTS	50 SERVINGS		100 SERVINGS		DIRECTIONS
	Weight	Measure	Weight	Measure	
<b>Teriyaki Glaze:</b>					<ol style="list-style-type: none"> <li>1. Combine all teriyaki glaze ingredients together in a saucepan (from pineapple juice to cornstarch). Whisk until smooth.</li> <li>2. Place over medium heat and bring to a boil, stirring regularly.</li> <li>3. Boil for 5-7 minutes.</li> <li>4. Remove from heat and set aside.</li> </ol>
Pineapple juice	1 lb 6 oz	2 ½ cups	2 lb 12 oz	1 qt 1 cup	
Soy sauce, low sodium	1 lb	2 cups	2 lb	1 qt	
Water	14 oz	1 ¾ cups	1 lb 14 oz	3 ½ cups	
Brown sugar	13 ½ oz	1 ¾ cups	1 lb 11 oz	3 ½ cups	



INGREDIENTS	50 SERVINGS		100 SERVINGS		DIRECTIONS
	Weight	Measure	Weight	Measure	
Rice wine vinegar	6.4 oz	$\frac{3}{4}$ cup	12.8 oz	1 $\frac{1}{2}$ cups	
Garlic, minced	0.3 oz	1 Tbsp	0.6 oz	2 Tbsp	
Ginger, minced	0.3 oz	1 Tbsp	0.6 oz	2 Tbsp	
Cornstarch	1 $\frac{1}{2}$ oz	$\frac{1}{4}$ cup 1 Tbsp	3 oz	$\frac{3}{4}$ cup	
Chicken breast, boneless, skinless	8 lb		16 lb		<p>5. Dice raw chicken into 1-inch cubes.</p> <p>6. Put chicken in a large mixing bowl. Pour 3 cups of the teriyaki glaze over the chicken and toss until evenly coated.</p> <p>7. Place chicken on a sprayed sheet pan in a single layer.</p> <p>8. Bake at 350 °F for 20-30 minutes.</p> <p><b>Critical Control Point:</b> Bake chicken until the internal temperature reaches 165 °F or higher for 15 seconds.</p> <p>9. Add remaining teriyaki glaze and hold at 135 °F or higher until service.</p>
Whole grain rice, parboiled, dry	7 lb	3 qt 3 cups	14 lb	1 gal 3 qt	10. In a saucepan, combine the water and rice. Bring to a boil.
Water		1 gal 3 qt 2 cups		3 gal 2 qt	<p>11. Reduce the heat to low, cover and simmer for 35-45 minutes or until most of the water is absorbed.</p> <p>12. Remove from the heat and hold at 135 °F or higher until service.</p>
*Carrots, medium diced	2 lb 7.2 oz	2 qt	4 lb 15 oz	1 gal	13. Toss the carrots and peppers with oil.

INGREDIENTS	50 SERVINGS		100 SERVINGS		DIRECTIONS
	Weight	Measure	Weight	Measure	
*Red peppers, medium diced	1 lb 6 ½ oz	1 qt 1 cup	2 lb 13 oz	2 qt 2 cups	<b>14.</b> Spread onto a sheet pan.
Vegetable oil	2 oz	¼ cup	4 oz	½ cup	<b>15.</b> Bake at 350 °F for 20 minutes. <b>Critical Control Point:</b> Hold for hot service at 135 °F or higher. <b>16.</b> Serve ½ cup of teriyaki chicken (No. 8 scoop) on a 1 cup serving of rice and top with ¼ cup (No. 16 scoop) of carrots and peppers.

**BAKED TERIYAKI CHICKEN**  
**NUTRITION INFORMATION**

For 1 ¾ cup [1/2 cup teriyaki chicken (No. 8 scoop),  
 1 cup of rice, ¼ cup carrots and peppers (No. 16 scoop)]

**NUTRIENTS** **AMOUNT**  
**Calories** **311**

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**Total Fat** **4 g**  
 Saturated Fat 1 g  
 Cholesterol 22 mg  
**Sodium** **442 mg**  
**Total Carbohydrate** **53 g**  
 Dietary Fiber Total 3 g  
 Sugars 8 g  
 Added Sugars included N/A  
**Protein** **14 g**

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Vitamin A N/A  
 Vitamin C N/A  
 Vitamin D N/A  
 Calcium 28 mg  
 Iron 2 mg  
 Potassium N/A

N/A=data not available.

*MARKETING GUIDE		
Food as Purchased for	50 Servings	100 Servings
Carrots	3.0 lb	5.9 lb
Red peppers	1.8 lb	3.5 lb

NOTES
*See Marketing Guide for purchasing information on foods that will change during preparation or when a variation of the ingredients is available.
Cooking Process #2: Same Day Service

YIELD/VOLUME	
50 Servings	100 Servings
About 1 qt vegetables or 1 lb 13.8 oz	About 2.1 qt vegetables or 3 lb 11.6 oz
About 2.8 qt chicken or 5 lb 14 oz	About 1.4 gal chicken or 11 lb 12 oz

**SOURCE:**

FY 2021 Cohort A Team Nutrition Training Grant

