

ISSUE 56



# A pinch of this & a dash of that

MEGAN'S WEEKLY RECIPES

*This week:*

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- FREEZER TERIYAKI CHICKEN

# Freezer Teriyaki Chicken

## INGREDIENTS

- 2 lbs chicken breasts, sliced into
- 1-2 inch strips
- ½ cup soy sauce
- ¼ cup honey
- 2 tablespoons brown sugar
- 3 tablespoons white or red wine vinegar
- 1 tablespoon oil (peanut oil, vegetable oil, avocado oil, etc.)
- ¼ tsp pepper

## DIRECTIONS

1. Place chicken into a large (1-2 gallon) resealable freezer bag.
2. Add all other ingredients.
3. Shake bag a little, and squish the ingredients around together. Place in refrigerator overnight if using the next day, or place in the freezer if you won't be cooking it for a while.
4. When ready to cook, dump thawed contents of bag into a large skillet pan and cook over medium - medium/high for about 20 minutes. Or cook in a crockpot on low for 4-5 hours and on high for 2-3 hours.