

## TERIYAKI CHICKEN & EDAMAME

Yield: 16 1/2 cup Servings



### NUTRITIONAL INFORMATION PER SERVING

- \* Calories: 147
- \* Cholesterol: 38 mg
- \* Sodium: 620 mg
- \* Fiber: 1.3 g
- \* Protein: 13.8 g
- \* Carbohydrates: 12.1 g
- \* Total Fat: 4 g
- \* Trans Fat: 0

### INGREDIENTS

- \* 3 3/4 cups cooked brown rice
- \* 1 1/2 cups Teriyaki sauce
- \* 1 1/2 lb. diced cooked chicken
- \* 2/3 cup shelled edamame
- \* 1 cup diced red pepper
- \* 2/3 cups chopped cilantro

### DIRECTIONS

- \* Preheat oven to 350 degrees.
- \* Combine cooked rice with Teriyaki sauce and diced chicken in an oven-proof pan.
- \* Cover and bake for 25 minutes.
- \* Stir, add edamame, red pepper, and cilantro.
- \* Cover, return to oven for another 20-25 minutes or until the internal temperature reaches at least 165 degrees.
- \* Additional Teriyaki sauce may be added for flavor.
- \* Enjoy!



Recipe courtesy of  
Saint Paul Public Schools Nutrition Services