

Grilled Teriyaki Chicken

Servings: 2 portions

INGREDIENTS

1 LB. BONELESS, SKINLESS CHICKEN
BREASTS
3 TBSP RAW HONEY
3 TBSP COCONUT AMINOS
1 TBSP RICE VINEGAR
½ TSP GROUND GINGER
1 CLOVE GARLIC, MINCED



DIRECTIONS

STEP 1: Mix honey, coconut aminos, vinegar, ginger and garlic. Marinate chicken in mix for at least 1 hour (up to overnight). Cover and refrigerate.

STEP 2: Grill chicken on medium heat, usually 5-6 minutes each side.

GF This recipe is gluten free as written.

V Substitute zucchini slices or tofu slices in place of chicken breast.

Nutrition per Serving: Calories 351, Fat 11.2g, Carbs 19.3g, Protein 43g

moms into fitness
& nutrition