

# Teriyaki Chicken Tenders

## Ingredients

- 24 oz. chicken tenders
- 6 tablespoons lower sodium soy sauce
- 1/4 cup sugar
- 2 tablespoons white wine vinegar
- 1 teaspoon cornstarch
- 4 cloves garlic, minced (fresh or jarred)

## Instructions

- Heat a drizzle of oil in a large pan over medium-high heat. Pat chicken dry with a paper towel. Add to pan and cook until browned but not cooked through, 2-4 minutes per side. Remove from pan and set aside.
- Whisk together soy sauce, sugar, white wine vinegar, and cornstarch in a small bowl.
- Put garlic in pan and cook, tossing, until softened, 1-2 minutes. Stir in soy sauce mixture and bring to a simmer. Let thicken slightly, about 2 minutes.
- Add chicken to pan and toss to coat.
- Serving suggestion: Serve with rice and vegetables (carrots or broccoli are great options!)

MAKES 4 SERVINGS. NUTRITION PER SERVING  
(CHICKEN AND SAUCE ONLY): CALORIES: 235 |  
CARBOHYDRATES: 16G | PROTEIN: 38G | FAT: 5G |  
FIBER: 0G

ADAPTED FROM HELLO FRESH