



# TERIYAKI CHICKEN

## *Sheet Pan Dinner*

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### INGREDIENTS

- 2 Large Chicken breast or  
3-4 small/medium  
½ Onion
- 1 Small Bag fresh Broccoli
- 1/2 Bag Sugar Snap Peas
- 1-2 TB Corn Starch
- 21 Day Salute Seasoning or  
Herb De Provence
- 1 Jar Teriyaki Sauce (I used  
gluten free but the thicker  
the sauce the better)

### DIRECTIONS

1. Heat oven to 400 Degrees F
2. Take a 9x13 and cover in foil. Set aside
3. Take Chicken Breast and chop into chunks and place in a bowl.
4. Take 1 TB of Corn starch and pour over chicken Toss chicken to coat. Then, pour ½ jar of the Teriyaki Sauce of your choice over top and toss so all chicken is covered in sauce
5. Next Chop onions and broccoli into bite size chunks.  
Place in a second bowl with ½ bag of sugar snap peas(not same as chicken) and season with oil and 21 Day Salute or seasoning of your choice. Pour on the outside of the sheet pan and leave an empty space in the middle. Sprinkle with teriyaki sauce.
6. Pour chicken in the empty spot and bake both chicken and veggies in oven for 20-25 min or until chicken is fully cooked.
7. Serve over rice and top with sauce and sesame seeds!

### NOTES

The Trader Joes teriyaki sauce is thick and will coat everything nicely but if you are gluten free than use a GF Teriyaki and its really thin you can thicken the sauce over the stove top by bringing to a small boil. While boiling combine 1tb corn starch with ½ TB of water in a separate bowl and mix together. Pour this mixture into the boiling sauce and let it thicken for 1 min. Take off burner and let it cool.