

## Sweet Teriyaki Chicken



### Ingredients:

- 4 Tbs Olive Oil
- Two Yellow Onions, thinly sliced
- 3 Tbs minced garlic
- 1 Tbs minced ginger root (optional)
- 2 pounds of boneless skinless chicken breast (trimmed)
- ½ cup of chicken stock
- ¾ cup of teriyaki sauce (liquid not marinade)
- tsp onion powder
- 1 tsp garlic powder
- 4 Tbs Brown Sugar Splenda
- 3 tsp cornstarch
- 4 Tbs water

### Pressure Cooker Directions

1. Rinse and trim two pounds of boneless skinless chicken breasts and set aside.
2. Thinly slice onions, mince garlic and mince ginger root and combine in a bowl.
3. Set Pressure Cooker to Sauté and heat oil. When the cooker is hot add onion and sauté for 5 minutes. Add Garlic and Ginger and continue to saute until onions begin to caramelize.
4. In a separate bowl combine chicken stock, teriyaki sauce, onion and garlic powder and brown sugar Splenda and whisk well.
5. Turn off sauté function. Pour liquid mixture from step 4 into the pressure cooker, followed by the chicken breasts. Stir all ingredients together to coat

- all chicken. Cook on high 15 minutes or your pressure cooker's poultry setting.
6. Perform a quick release.
  7. Mix Cornstarch and water in a separate bowl and pour into the pressure cooker. Set pressure cooker to sauté for 20-30 minutes or until sauce thickens reaches desired consistency. Tip: The longer it simmers and the sauce thickens the more flavorful the teriyaki!
  8. Serve chicken on top of brown rice with a spoonful of sauce

#### Crock Pot Directions

1. Rinse and trim two pounds of boneless skinless chicken breasts and set aside.
2. Thinly slice onions, mince garlic and mince ginger root and combine in a bowl.
3. Thinly Coat frying pan with olive oil and heat to medium-high. When the pan is hot add onion and sauté for 5 minutes. Add Garlic and Ginger and continue to sauté until onions begin to caramelize.
4. In a separate bowl combine chicken stock, teriyaki sauce, onion and garlic powder and brown sugar Splenda and whisk well.
5. Heat slow cooker to high and pour liquid mixture from step 4 into the cooker, followed by the chicken breasts and top with the sautéed onion, garlic and ginger. Stir all ingredients together to coat all chicken. Cook on high for 4 – 4 ½ hours or until chicken reaches internal temperature of 165 degrees.
6. Mix Cornstarch and water in a separate bowl and pour into the slow cooker. Let it continue to simmer for 20-30 minutes or until sauce thickens reaches desired consistency. Tip: The longer it simmers and the sauce thickens the more flavorful the teriyaki!
7. Serve chicken on top of brown rice with a spoonful of sauce.