

EASY GRILLED TERIYAKI CHICKEN

Serves 6

Time: 10 minutes

Plan ahead: Marinate 12 hours, but no less than 4.

**1½ to 2 pounds (10 to 15)
chicken tenders**

2 cups lemon lime soda

1 cup Teriyaki Sauce

1 Tablespoon olive oil

1. Place the chicken tenders in a re-sealable plastic bag, add soda, teriyaki sauce and olive oil. Squish the tenders around in the sauce. Seal the bag and place in the refrigerator up to 12 hours, but not less than 4 hours.
2. When you are ready to BBQ, preheat the grill to high. Use a paper towel folded into quarters and sprinkle with olive oil. Use your tongs to go over top the grill to oil it. Oil the grill well or the chicken will stick to it.
3. Throw away the marinade and grill the chicken over high heat 5 min. on each side.

Serve with: Store-bought Mango Chutney. Jasmine Rice page 218. Use chicken broth instead of water to cook your rice. Fresh green beans.

Variations: If you don't have chicken tenders on hand, make them out of boneless/skinless chicken breasts. Cut each breast into 3 or 4 tenders. You can broil by putting the meat about 7 to 10 inches under the broiler element on a baking sheet. Pretty much follow the same instructions as for the Grill. If the meat is thicker lower the rack to the middle position.

*You won't believe how easy and moist this chicken is!
It makes a really delicious meal served
with Mango Chutney. xo*