



## **Teriyaki Chicken**

(6 servings)

2 lbs boneless Chicken breast  
1/2 cup GF Soy Sauce  
1/2 Cup Sugar  
1 1/2 Tablespoon red wine vinegar  
2 teaspoon vegetable oil or sesame seed oil  
1/2 teaspoon minced garlic  
1/2 teaspoon ginger

Mix marinade. Pour over chicken in gallon freezer bag. (you can freeze this way and have ready to go whenever you want or fix in the morning)

If frozen thaw out chicken. Put chicken and marinade into baking dish. Bake at 350 for 40 min.

<http://www.lincolntent.com/GFCF-Poultry.html>