Soy Marinated Chicken Breasts

Ingredients:

- 4 cloves garlic
- 1/3 cup less sodium soy sauce
- 3 tablespoons lime juice
- 1 ½ tablespoons honey
- 1 ½ tablespoons rice vinegar
- 1 ½ tablespoons sesame oil
- 1 tablespoon Worcestershire sauce
- 1 ¾ pounds boneless, skinless chicken breasts



DIRECTIONS:

- 1. In a large zip-top bag, combine garlic, soy sauce, lime juice, honey, vinegar, oil and Worcestershire sauce; add chicken.
- 2. Seal bag, pressing out excess air. Refrigerate at least 1 hour or up to 4 hours.
- 3. Heat large, nonstick skillet over medium heat. Remove chicken from marinade and add to skillet. Discard marinade.
- 4. Cover and cook chicken 12 minutes or until internal temperature reaches 165F, turning once.
- 5. Transfer chicken to cutting board; let stand 5 minutes. Cut chicken crosswise into ½ inch thick slices.

MAKE IT A MEAL WITH THESE SERVING SUGGESTIONS

(recipes listed below can be found at www.shoprite.com)

- Paired with brown rice & steamed veggies
- Used in a Banh Mi sandwich (pictured above)
- Used in this Chicken Fried Rice recipe
- Served on top of this <u>Soba Noodle Veggie Bowl</u>
- Used in a <u>Lettuce Wrap</u> recipe (see next page)
- Paired with Cold Sesame Noodle Salad
- Paired with Bowl & Basket Asian Salad kit
- Paired with Rainbow Barley Salad



Asian Lettuce Cups

These Asian-style lettuce cups are a fun way to get more veggies on the table! Everyone gets to build-their-own cups using their favorite fillings and toppings. For a more satisfying meal, serve with brown rice in the cups or on the side.



INGREDIENTS

- 3 tablespoons creamy peanut butter
- 2 tablespoons chili garlic sauce (optional this ingredient is spicy)
- 1 tablespoons fresh lime juice,
- 1 tablespoons less sodium soy sauce
- 1 bag (14 ounces) classic coleslaw
- 12 large bibb lettuce leaves (Romaine lettuce will also work)
- 3 cups of sliced Soy Marinated Chicken (or shredded rotisserie chicken)

DIRECTIONS

- 1. In medium bowl, whisk peanut butter, chili garlic sauce, lime juice and soy sauce; add coleslaw and toss. Makes about 4 cups.
- 2. Fill lettuce leaves with chicken; top with coleslaw mixture, avocado and onions. Serve with lime wedges and soy sauce, if desired.

OPTIONAL TOPPINGS:

- Sriracha (spicy)
- Avocado slices
- Green onion slices

- Extra soy sauce
- Extra lime juice
- Brown rice

