



# Caribbean Lemon Chicken



Where service *and* savings matter.

**SERVINGS:** 4

**INGREDIENTS:**

- 4 bone-in, skin-on chicken breasts (about 5 oz each)
- ½ cup bottled teriyaki marinade & sauce
- 1 tsp grated lemon peel
- 1 Tbsp fresh lemon juice
- 1 tsp hot pepper sauce

**NUTRITIONALS**

Nutritional analysis per serving:  
 calories 230, calories from fat 90,  
 total fat 10g, saturated fat 3g,  
 cholesterol 75mg, sodium 1480mg,  
 total carbohydrate 6g, dietary fiber  
 0g, sugars 5g, protein 26g, vitamin  
 A 2%, vitamin C 6%, calcium 2%,  
 iron 8%

**DIRECTIONS:**

1. Place chicken breasts in large zip-lock plastic bag. Combine teriyaki sauce, lemon peel and juice, and pepper sauce; pour into bag over chicken. Press air out of bag and close securely. Turn over several times to coat chicken. Refrigerate eight hours or overnight, turning bag over occasionally.
2. Remove chicken from marinade and place on grill, skin side down, 5 to 7 inches from heat source. Grill on high heat until golden brown, 4 to 5 minutes. Flip over, reduce heat of grill to medium, close the cover and continue grilling until just cooked through, about 7 minutes longer.
3. Remove chicken from grill and let rest for 5 minutes before serving.

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## Shopping List

**PRODUCE:**

- 1 lemon

**MEAT/POULTRY/SEAFOOD:**

- 4 bone-in, skin-on chicken breasts

**GROCERY/FROZEN/  
MISCELLANEOUS:**

- Teriyaki marinade and sauce
- Hot pepper sauce