



Recipes

Meat and Poultry

Frisee and Arugula with Chicken Teriyaki

Prep Time: 45 minutes

Yield: 4 servings

Ingredients:

- 4 boneless, skinless chicken breasts
- 4 tablespoons gluten free tamari sauce
- 2 tablespoons yacon syrup
- 2 tablespoons apple cider vinegar
- 2 tablespoons light sesame oil
- 2 teaspoons freshly grated ginger
- 2 teaspoons minced garlic
- 2 cups arugula
- 2 cups frisée

Directions:

1. In a medium-size bowl, mix together tamari, yacon, apple cider vinegar, oil, ginger and garlic.
2. Cut chicken into 1 inch cubes and place in bowl with the marinade. Cover and refrigerate for at least 30 minutes.
3. Remove stems from arugula and frisée. Chop arugula, and cut frisée into 1-2 inch pieces. Place greens on a serving platter.
4. Preheat broiler. Drain marinade from chicken and save.
5. Skewer the chicken and broil for about 5 minutes on each side, or until cooked through.
6. Place remaining marinade in a saucepan, and cook over high heat for about 10 minutes or until thickened.
7. Place cooked chicken skewers on top of greens and drizzle chicken and greens with the warm marinade.