



Teriyaki Chicken and Cabbage

Introduce new flavors with this tasty meal.

Ages: 3–5 years **Prep time:** 4 hours 20 minutes
(4 hours for marinating)

Makes: 6 servings **Cook time:** 25 minutes

the INGREDIENTS

2 Tbsp soy sauce, reduced-sodium

1 ½ tsp vegetable oil

½ tsp black pepper, ground

½ tsp garlic powder

½ tsp ginger, ground

1 lb 9 ¼ oz chicken, thighs, boneless, skinless
(about 9 thighs)

3 ½ cups cabbage, fresh, shredded, ¼" thick

the DIRECTIONS

1. Wash hands with soap and water for at least 20 seconds.
2. Prepare marinade: In a small bowl, combine soy sauce, vegetable oil, pepper, garlic powder, and ginger. Whisk until smooth.
3. Pour half of marinade mixture into the bottom of a 9" x 13" glass or ceramic baking dish. Refrigerate the other half of the marinade mixture at 40 °F or lower for use in step 9 (referred to as "reserved marinade").
4. Place chicken in baking dish. Cover. Marinate in the refrigerator at 40 °F or lower for 2 hours. Flip chicken to marinate the other side. Cover. Marinate in the refrigerator for 2 more hours. Wash hands after touching uncooked chicken (see chef tips).
5. Preheat oven to 400 °F.
6. Spread shredded cabbage on the bottom of a clean 9" x 13" baking dish.
7. Remove chicken from marinade. Discard any remaining marinade (see chef tips).
8. Place chicken on top of cabbage. Wash hands after touching uncooked chicken.
9. Pour the reserved marinade over the chicken.
10. Bake for 25 minutes. Heat chicken to an internal temperature of 165 °F or higher for at least 15 seconds. Remove from the oven.
11. Serve 1 ½ chicken thighs with ¼ cup cooked cabbage. Serve immediately, or keep warm at 140 °F or higher.

the NUTRITION INFORMATION

1 ½ chicken thighs and ¼ cup cabbage

Nutrients	Amount
Calories	160

Total Fat	8 g
Saturated Fat	2 g
Cholesterol	64 mg
Sodium	227 mg
Total Carbohydrate	3 g
Dietary Fiber	1 g
Total Sugars	1 g
Includes Added Sugars	N/A
Protein	19 g

Vitamin D	N/A
Calcium	28 mg
Iron	1 mg
Potassium	N/A

N/A = Data not available

Source: Team Nutrition CACFP Easy Recipe Project

TeamNutrition.USDA.gov

the CACFP CREDITING INFORMATION

¼ cup vegetable
1 ½ oz eq meat

the CHEF TIPS

- Chicken can be marinated overnight in the refrigerator at 40 °F or lower. If marinating overnight, marinade should cover the chicken thighs to prevent the need to flip them over.
- Do not re-use marinade.



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COOK TIME: 25 minutes

CACFP CREDITING INFORMATION

¼ cup vegetable

1 ½ oz eq meat

SOURCE

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INGREDIENTS	25 SERVINGS		50 SERVINGS		DIRECTIONS
	Weight	Measure	Weight	Measure	
					1 Wash hands with soap and water for at least 20 seconds.
Soy sauce, reduced-sodium		½ cup		1 cup	2 Prepare marinade: In a small bowl, combine soy sauce, vegetable oil, pepper, garlic powder, and ginger. Whisk until smooth.
Vegetable oil		2 Tbsp		¼ cup	
Black pepper, ground		½ tsp		1 tsp	
Garlic powder		½ tsp		1 tsp	



INGREDIENTS	25 SERVINGS		50 SERVINGS		DIRECTIONS
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Ginger, ground		½ tsp		1 tsp	
					3 Pour half of marinade mixture into a small bowl and refrigerate at 40 °F or lower for use in step 9 (referred to as “reserved marinade”).
					4 Divide the remaining marinade between plastic steam table pan (12" x 20" x 2½") [or use 2-gallon plastic bags]. For 25 servings , use 2 pans. For 50 servings , use 3 pans.
Chicken, thighs, boneless, skinless	6 lb 9¼ oz	37½	13 lb 2½ oz	75	5 Place chicken in dish. Cover. Marinate in the refrigerator at 40 °F or lower for 2 hours. Flip chicken to marinate the other side. Cover. Marinate in the refrigerator for 2 more hours. Wash hands after touching uncooked chicken (see notes).
					6 Preheat oven to 400 °F.
Cabbage, fresh, shredded, ¼" thick	2 lb 9 oz	3 qt + 2 cups	5 lb 2 oz	1 gal + 3 qt	7 Evenly divide and spread shredded cabbage on the bottom of clean steam table pan (12" x 20" x 2½"). For 25 servings , use 2 pans. For 50 servings , use 3 pans.
					8 Remove chicken from marinade. Discard any remaining marinade. Top cabbage with chicken. Wash hands after touching uncooked chicken (see notes).
					9 Pour the reserved marinade over the chicken.





INGREDIENTS	25 SERVINGS		50 SERVINGS		DIRECTIONS
	Weight	Measure	Weight	Measure	
					10 Bake for 25 minutes. Heat to an internal temperature of 165 °F or higher for at least 15 seconds.
					11 Serve 1½ chicken thighs with ¼ cup #16 scoop) cooked cabbage. Serve immediately, or keep warm at 140 °F or higher.



NUTRITION INFORMATION

1½ chicken thighs and ¼ cup cabbage

NUTRIENTS	AMOUNT
Calories	160
Total Fat	8 g
Saturated Fat	2 g
Cholesterol	54 mg
Sodium	227 mg
Total Carbohydrate	3 g
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Total Sugars	1 g
Includes Added Sugars	N/A
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Vitamin D	N/A
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NOTES

- Chicken can be marinated overnight in the refrigerator at 40 °F or lower. If marinating overnight, marinade should cover the chicken thighs to prevent the need to flip them over.
- Do not re-use marinade.

YIELD/VOLUME

25 Servings	50 Servings
Weight: 8 lb 8 oz	Weight: 17 lb
Yield: 37½ thighs and 1 qt 2¼ cups cabbage	Yield: 75 thighs and 3 qt ½ cup cabbage