

Teriyaki Chicken Breast

- 2 chicken breasts
- 1/3 c [Ginger Teriyaki Sauce](#), plus 2 T for basting
- sea salt & freshly ground black pepper
- 1 T coconut flakes, lightly toasted, garnish (optional)
- 1 orange, sliced, garnish (optional)
- 2 t fresh dill, garnish (optional)

Marinate chicken in teriyaki sauce, salt and pepper for 2-24 hours. Remove from refrigerator 30 minutes before cooking. Cook for 5 minutes on medium high heat in a covered grill pan, then baste with the extra sauce, flip and cook on the second side for about 4 minutes. To test for doneness, cut into the chicken to make sure that the juices are clear. Cover and let rest for 10 minutes before serving. Garnish with coconut flakes and orange slices. Goes well with [sweet chili sauce](#). Serve with roasted vegetables and brown rice.

Roasted Vegetable Ingredients

- 3 zucchini, sliced 1/4 inch thick lengthwise
- 1 eggplant, sliced 1/4 inch thick
- 1 red onion, sliced 1/4 inch thick
- 1 small bunch asparagus, ends trimmed
- 1 T olive oil, spray or brush on
- 3 cloves garlic, minced
- sea salt & freshly ground black pepper

Coat vegetables lightly with oil. Sprinkle with salt and pepper, then add the garlic. Roast vegetables at 420 degrees for 15 (asparagus) to 30 minutes, checking often to turn or remove as done. Dinner was very fine and left over roasted vegetables find their way into lunches and grain dishes.

[Chicken stock](#) made from the bones came out flavourful using the usual ingredients.

Maple Dijon Sriracha Chicken

- 2 thighs, 2 drumsticks and 2 wings
- 2 T Dijon Mustard
- 1 T Maple Syrup
- 1 T Seasoned Rice Vinegar
- 1 t [Sriracha sauce](#)
- sea salt
- freshly ground black pepper
- 1 t fresh thyme (optional)

Combine all ingredients, coating the chicken, then marinate for 2-24 hours. Roast in a covered casserole, at 380 degrees for 45 minutes, uncovering for the last 15 minutes. To test for doneness, cut into the chicken to make sure that the juices are clear. Remove the chicken to a covered serving dish. Simmer the remaining juices in a small saucepan until thickened, then pour 1/2 over chicken, serve 1/2 in a tiny pitcher. There is very little sauce, but it is flavourful. If you like a generous amount of sauce, double the marinade ingredients.

Roasted Acorn Squash Ingredients

- 1 acorn squash
- 1-2 t butter
- sea salt
- freshly ground black pepper
- 2 pinches coconut sugar crystals (or your favorite sweetener)
- 1 t fresh thyme (optional)

Roast squash at 380 degrees for 45 minutes until soft when the flesh is pierced with a fork. Distribute the butter across the flesh once it melts.