

# CopyCat Panda Express Teriyaki Chicken

## Ingredients

2 pound chicken thighs  
2 tablespoon canola oil  
2/3 cup sugar  
1/4 cup low sodium soy sauce  
1 teaspoon lemon juice  
1/2 teaspoon garlic powder  
1/4 teaspoon ground ginger  
1/3 cup water  
2 tablespoons cornstarch and 2 tablespoons of water mixed together

## Directions

In a bowl, add the canola oil to chicken thighs while waiting for grill pan to heat up on high.

Add the chicken to grill pan and grill on high for 3-5 minutes on each side.

While the chicken is cooking, Add the sugar, soy sauce, lemon juice, garlic powder, ground ginger,  $\frac{1}{3}$  cup water and bring to a boil on high heat.

Lower temperature to medium-low and cook for 2-3 minutes.

Add the water/cornstarch mixture then cook over low heat until just thickened.

Spoon the sauce over the chicken and serve with brown rice and grilled pineapple.