

# Japanese Recipes



## Broiled Chicken Kebobs (Yakitori) Serves 4

14 oz. chicken leg meat and thigh meat (or 4 legs), cubed  
1 small onion or 3 green onions, cut into chunks  
2 green peppers, seeded, cut into chunks  
1/3 cup each: soy sauce, fruit juice (orange juice, apple juice)

4 Tbsp. sugar  
1 Tbsp. flour  
1 Tbsp. lemon juice  
Black pepper, to taste

Cut the chicken leg meat, onion, and green peppers into 3/4" cubes. On bamboo skewers, skewer the onion, green pepper, and chicken cubes alternately until the skewer is full. Top with a piece of onion to secure the kebob. Quarter the lemon. Bring soy sauce, fruit juice, sugar and flour to a boil, then allow marinade to cool. Marinate the kebobs with the marinade sauce for 10 minutes. Heat the oven to 450°F and broil the kebobs on the top shelf for 4 minutes. Turn over and broil another 4 minutes, until the meat is golden brown. Serve.

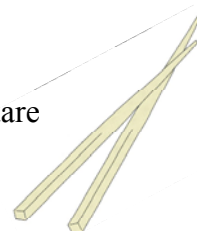
**Note:** The kebobs can also be charcoal-grilled. Brush on the marinade as the kebobs are grilling. Grill until the chicken is cooked through and golden brown.

**NUTRITION FACTS (per serving) – (Approximate with marinade) Calories 300 ~ fat 16 g ~ calories from fat 140 ~ sodium 320 mg ~ total carbohydrate 9 g**

## Chicken in Foil Serves 4

1 lb. chicken meat  
1 large fresh Chinese black Mushroom (*shiitake*)  
or 1 cup regular mushrooms  
1/2 green pepper, cut into strips  
1 small onion, cut into strips  
2 small red chili peppers, cut into strips

3 Tbsp. soy sauce  
3 Tbsp. orange or apple juice  
4 sheets aluminum foil, 8" square  
2 tsp. butter (or cooking oil)  
1/2 lemon



Cut the chicken into 8 pieces (about 1" x 1"). Cut the mushrooms, green peppers, onion, red chili peppers into julienne strips. Marinate in soy sauce and fruit juice about 10 minutes.

Grease each sheet of aluminum foil with the butter or oil. Set aside.

Divide the combined marinated ingredients into 4 equal portions. Place one portion on each of the buttered aluminum sheets. Fold in half, then wrap into a package.

Heat the oven to 450°F. Bake the chicken packets on the middle shelf for about 15 minutes.

Remove and place on a serving plate. Open and squeeze some lemon juice over the top to eat.

**NUTRITION FACTS (per serving) – (Approximate with marinade) Calories 240 ~ fat 13 g ~ calories from fat 110 ~ sodium 320 mg ~ total carbohydrate 5 g**



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