



SERVES 4
FOR UNDER

\$3.00
PER SERVING

KEY INGREDIENTS

- 1 Tyson Fresh Roaster Chicken
(Buy One, Get One Free) lb \$1.59
- 1 (10 oz) bottle Kikkoman Teriyaki Sauce\$1.50
- 2 (14.5 oz) cans Weis from the Field
No Salt Added Carrots\$1.20
- 1 (16 oz) bag Weis Quality Egg Noodles \$1.11

Prices effective: January 22 through January 28, 2009

Honey Teriyaki Roasted Chicken

- 1(5 to 6 pound) Fresh Tyson Roaster Chicken
- 1 cup Weis Quality Honey
- 2 Tbsp. Weis Quality Orange Juice Concentrate, thawed
- 1/2 cup Kikkoman Teriyaki Sauce
- 1 Tbsp. Weis Quality Dijon Mustard
- Salt and Pepper

Pre-heat oven to 400°F. Wash chicken in cold water and remove any giblets. Pat dry. Place chicken in a shallow roasting pan. Carefully run fingers beneath the skin of the chicken breast and thigh to separate (but not tear) the skin from the flesh of the chicken. In a small bowl, whisk together honey, orange juice, teriyaki sauce and mustard. Carefully pour half of the sauce evenly underneath the skin of the chicken. Season with salt and pepper; place in the oven for 15 minutes. Reduce heat to 325°F; bake one hour. Baste chicken with remaining sauce. Bake for another 30 minutes or until meat thermometer reads 180° or higher. Remove from oven. Let rest 15 minutes before carving and serving.

Serving Suggestion:

Serve with carrots and egg noodles, cooked according to package directions.

