

Teriyaki Foil Grifters

Ingredients:



Veggies:

- 1 Red Bell Pepper- sliced
- 1 Green Bell Pepper- sliced
- 1/2 Red Onion- Large Chop
- 1 Cup Button Mushrooms-sliced
- 1 Can Sliced Water Chestnuts
- 1 Can Baby Corn-Chopped
- 1 Can Pineapple Chunks

Optional: These got a little soggy when I tried this recipe the first time.

- 1 Head Broccoli- chopped
- 1 Bunch Asparagus- diced

For the Sauce:

- 1 Cup Teriyaki Sauce
- 1 T. Hoisin Sauce
- 1/4 t. Crushed Red Pepper Flakes
- 1 Cup Sesame Dressing

Protein: Feel free to use any combination of the following, all were delicious

- 1 lb. Peeled and Deveined Shrimp
- 1 Salmon Fillet
- 3 Boneless Skinless Chicken Breasts -cubed

Directions:

1. Chop all your veggies and mix together in a large bowl, then set aside.
2. Preheat your grill.
3. In a small bowl whisk together teriyaki sauce, hoisin sauce, pepper flakes and sesame dressing.
4. Tear a sheet of tin foil about a twelve inches long and spray with cooking spray.
5. Scoop about 1.5 cups of your veggie mixture onto your foil.
6. Add in about 1 cup of your protein choice.
7. Pour about 1/3 cup of your sauce all over your veggies and protein and mix together with your hands until everything is coated.
8. Roll up your foil pack to make sure its completely sealed.
9. Place on your grill and reduce your flame to medium/low.
10. Grill for about 45 min.
11. Serve over sticky rice and enjoy!