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{
  "meal_name": "Baked Teriyaki Chicken",
  "prep_time": "15 min",
  "cook_time": "25 min",
  "servings": 12,
  "ingredients": [
    "Cornstarch (1 tbsp)",
    "cold water (1 tbsp)",
    "Splenda® Granulated Sweetener (1/2 cup)",
    "lower sodium soy sauce (1/2 cup)",
    "Apple Cider Vinegar (1/4 cup)",
    "garlic (minced) (1 clove)",
    "ground ginger (1/2 tsp)",
    "black pepper (1/4 tsp)",
    "boneless, skinless chicken breasts (3 lbs)"
  ],
  "directions": [
    "Preheat oven to 425°F. Spray a 13" x 9" baking dish with cooking spray.",
    "In a saucepan, whisk together cornstarch and cold water until smooth. Whisk in Splenda Sweetener, soy sauce, vinegar, garlic, ginger, and pepper. Bring to a simmer over low heat and cook, stirring frequently, until sauce thickens and bubbles.",
    "Place chicken in prepared baking dish and brush with teriyaki sauce. Turn chicken over, and brush again.",
    "Bake for 15 minutes. Turn chicken and bake until chicken is no longer pink and juices run clear when pierced with the tip of a paring knife (20–30 minutes total baking time, depending on size). Brush with sauce every 10 minutes during baking."
  ],
  "image_link":
    "https://static.diabetesfoodhub.org/system/thumbs/system/images/recipes/2061-diabetic-Baked-Teriyaki-Chicken_Splenda_042721_3885281428.jpg"
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