

teriyaki roast chicken

Amount	Measure	Ingredient - Preparation Method
1	3 lb	broiler-fryer
1	small	onion - quartered
1/3	cup	teriyaki sauce
1	teaspoon	garlic pepper seasoning
		cookin spray

remove giblets. rinse and drain chicken, pat dry.

Place onion in chicken cavity. Brush chicken with t-sauce. Sprinkle with seasoning. Put chicken breast side up in rack, pour remaining t-suace over chicken.

bake uncovered at 375 for 1.5 hours.

remove skin