

Sesame Chicken and Veggie

TriHealth Dietician Approved



Quick facts

- Servings: 6
- Calories: 225
- Sodium: 500mg
- Fat: 4.5g
- Saturated Fat: 1.2g
- Protein: 25g
- Fiber: 3.7
- Sugar: 4.5g

Ingredients

- 5-6 boneless chicken tenderloins
- 1/2 cup broccoli
- 1/2 cup peppers
- 1/2 cup snap peas
- 1/2 cup cauliflower
- 1/2 cup green onions
- 1/2 cup mushrooms

Sauce

- 1/3 cup lower-sodium soy sauce
- 1/3 cup low-sodium chicken broth
- 1 tbsp sweet chili sauce
- 2 tbsp honey
- 2 cloves garlic
- 1 tsp fresh ginger

Instructions

1. Cut chicken into 1-inch pieces
2. Cut up broccoli, peppers, snap peas, cauliflower, green onions, mushrooms
3. Heat the sauce ingredients in a pan until thick.
4. Spray 9X13 pan with olive oil
5. Spread chicken and veggies on the pan, pour sauce over veggies.
6. Bake at 400 degrees for 20 minutes.
7. Check the chicken to make sure it is done.
8. You can serve over brown rice or just eat!

Bon Appetit!

Recipe source: not specified