



Honey BBQ Chicken & Broccoli from Hungry Girl Fast & Easy



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1/2 of recipe: 326 calories, 3.5g total fat (0.5g sat. fat), 712mg sodium, 44.5g carbs, 4.5g fiber, 29g sugars, 30g protein

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Prep: 5 minutes **Cook:** 20 minutes

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Ingredients

1/3 cup BBQ sauce with 45 calories or less per 2-tablespoon serving
1 1/2 tbsp. honey
1/8 tsp. garlic powder
1/8 tsp. onion powder
1/8 tsp. each salt and black pepper
8 oz. raw boneless skinless chicken breast, cut into strips
3 cups broccoli florets
1 cup chopped onion

Directions

Preheat oven to 375 degrees. Spray a baking sheet with nonstick spray.

In a small bowl, combine BBQ sauce, honey, and seasonings. Mix well.

Place chicken, broccoli, and onion in a large bowl. Add sauce mixture, and toss to coat.

Transfer to the baking sheet. Bake until chicken is fully cooked and veggies are tender, about 20 minutes, flipping halfway through.

MAKES 2 SERVINGS

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