

Microwave Chicken and Broccoli

Makes 1 Serving

KID-APPROVED

Ingredients

- 1 cup fresh or frozen broccoli florets
- 1 (5-ounce) can chunk chicken breasts, drained
- 2 tablespoons low-sodium soy sauce
- 2 tablespoons honey
- 1/4 teaspoon garlic powder
- 2 teaspoons chopped fresh parsley or
1/2 teaspoon dried parsley (optional)

Directions

1. In a medium microwave-safe bowl, mix broccoli and 1 teaspoon water. Microwave on high for 3 minutes.
2. Add chicken, soy sauce, honey and garlic powder and mix to coat.
3. Microwave on high for 1 to 2 more minutes until broccoli is tender (soft). Top with parsley (if using) and serve.

Recipe from: Feeding PA and PA Eats

