



Cooking in the Kitchen at Olums

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*Cooking Delicious Recipes
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Chicken and Broccoli Sheet Pan Dinner with Peanut Sauce

Serves 4

Ingredients:

- 1 Tbsp. packed brown sugar
- ¼ cup plus 2 Tbsp. creamy peanut butter (commercial or natural)
- 1 Tbsp. sesame oil
- ¼ cup low-sodium soy sauce
- 1 Tbsp. chili sauce
- 1 Tbsp. rice vinegar
- ¼ cup warm water
- 1 Tbsp. lime juice
- 4 cups broccoli florets
- 1 pound chicken breast or chicken thighs, sliced into 1-inch cubes

Directions:

1. Preheat the oven to broil, with the top rack about 4 inches from the heat.
Line a sheet pan with aluminum foil.
2. In a small bowl combine the brown sugar, peanut butter, sesame oil, soy sauce, chili sauce, vinegar, water, and lime juice. Mix until smooth. Set aside about ¼ cup of the peanut sauce for serving.
3. Arrange the broccoli and chicken on the sheet pan. Drizzle the sauce over and gently toss to coat.
4. Broil for 10–12 minutes. Watch the pan closely to keep it from burning and flip the chicken and broccoli half way through. Cook until the chicken is cooked through and the broccoli is tender.
5. Serve with the reserved dipping sauce

Note: this goes well served over brown rice, cauliflower rice, or soba (buckwheat noodles).