



Dash
of
Wellness

Peanut Chicken & Veggies

I
ILLINOIS
Extension
COLLEGE OF AGRICULTURAL, CONSUMER
& ENVIRONMENTAL SCIENCES

1 lb. chicken tenders, boneless, skinless
2 shallots, gently rubbed under cold running water and sliced
3 cups broccoli florets, gently rubbed under cold running water
2 cups Summer squash, scrubbed with a clean vegetable brush under running water and sliced (*roughly 1 yellow squash*)

Sauce

1/2 cup creamy peanut butter
2 Tbsp. rice vinegar
2 Tbsp. low sodium soy sauce (*tamari as a gluten free alternative*)
1 Tbsp. sesame oil
1 Tbsp. honey

Directions

1. Preheat oven to 400°F. Wash hands with soap and water. Line pan with parchment or aluminum foil. Coat pan with nonstick spray.
2. Combine peanut butter, vinegar, soy sauce, oil, and honey in a small bowl.
3. In a large bowl, combine shallots, broccoli, and squash. Coat with half of the peanut sauce.
4. Combine chicken and the other half of the peanut sauce—Wash utensils, bowls, and hand with soap and water after touching raw meat. Do not rinse raw poultry.
5. Spread out chicken and vegetables on a pan. Bake for 8 minutes, remove from oven, flip vegetables and chicken, and bake another 7-8 minutes. Wash spatula after touching raw chicken. Chicken should read an internal temperature of 165°F. Serve by itself, over rice, quinoa, or leafy greens. **Yield:** 4 Servings

Nutrition Facts (per serving): *400 calories, 21 grams fat, 3 grams saturated fat, 480 milligrams sodium, 15 grams carbohydrate, 4 grams fiber, 36 grams protein*

*University of Illinois Extension provides equal opportunities in programs and employment.
State • County • Local Groups • United States Department of Agriculture Cooperating*