

Chicken and Broccoli

Yield: 6 min
Total Time: 30 min

Recipe from: <https://www.recipeschoose.com/recipes/microwave-recipe-for-italian-brocole>

Ingredients:

- 4 chicken breasts thinly sliced
- 2 onions medium, thinly sliced
- 2/3 cup soy sauce
- 1/4 cup brown sugar
- 1 cup beef broth
- 1/4 cup corn starch
- 3/4 teaspoon ginger grated, I use the tubes they sell in the produce section
- 1 teaspoon red pepper flakes
- 4 cups broccoli cooked, I use 1-2 microwavable steamed broccoli bags
- canola oil cooking spray

Nutrition:

1. Calories: 270 calories
2. Carbohydrate: 21 grams
3. Cholesterol: 95 milligrams
4. Fat: 5 grams
5. Fiber: 3 grams
6. Protein: 36 grams
7. SaturatedFat: 1.5 grams
8. Sodium: 1930 milligrams
9. Sugar: 9 grams

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