

RECIPE

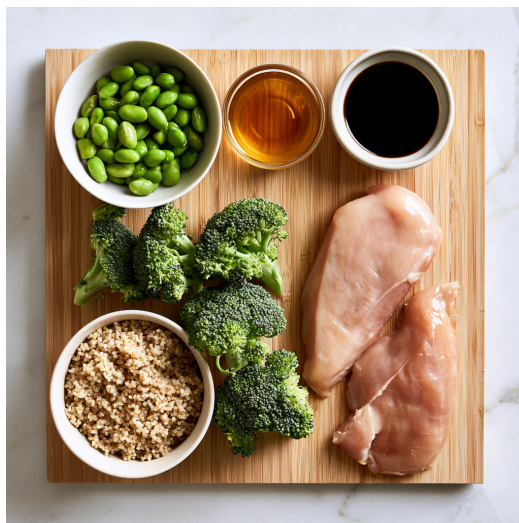
Grilled Chicken Yakitori

🕒 20 minutes / 2 servings

SOY SAUCE AND HONEY give these grilled chicken skewers the perfect savory-sweet balance. Serve with quinoa and steamed broccoli and edamame for an easy summer dinner packed with protein and fiber.

INGREDIENTS

- 8 oz skinless, boneless chicken breasts
- 2 tbsp low-sodium soy sauce
- 1 tbsp honey
- 3 cups steamed broccoli florets
- 1½ cups cooked quinoa
- 1 cup steamed shelled edamame



INSTRUCTIONS

- CUT** chicken into bite-size pieces.
- TOSS** with soy sauce and honey. Thread chicken evenly onto 2 skewers.
- HEAT** an outdoor grill or a stovetop grill pan to medium-high. Grill chicken until done, 6-8 minutes, turning occasionally.
- SERVE** each chicken skewer with half of the broccoli, quinoa, and edamame.

NUTRITIONAL INFO PER SERVING

CALORIES

439

PROTEIN

40g

FIBER

8g