



Smothered BBQ Chicken with Steamed Broccoli and Baked Sweet Potato

Active Time: 10 minutes | **Total Time:** 20 minutes | **Serves:** 1

Nutrition Information Per Serving

452.5 calories, 31.93 g carbohydrate, 5.27 g fiber, 26.66 g NET carbs, 30.42 g protein, 24.16 g fat

Ingredients

- 2/3 Tbsp(s) Kerrygold Irish Butter
- 1/2 tsp(s) Real Salt
- 2 Tbsp(s) Woodstock Organic BBQ Sauce (Original)
- 1 cup, chopped organic broccoli, chopped and steamed
- 1/2 medium(s) organic yellow onion, sliced
- 1/2 medium(s) organic sweet potato, baked
- 1/4 tsp(s) fresh ground black pepper
- 1 Tbsp organic olive oil
- 1/4 tsp(s) organic Ceylon cinnamon
- 4 ounce(s) pastured, chicken cutlet

Preparation

1. Season both sides of chicken with salt and pepper. Heat olive oil in an 8 inch skillet over medium heat.
2. When oil shimmers, carefully add the chicken cutlet and the sliced onion.
3. Cook chicken on both sides for 5-8 minutes, until lightly brown and juices run clear. Add BBQ sauce to warm.
4. Place chicken on plate, topped with onion.
5. Serve steamed broccoli and sweet potato both with a teaspoon of butter.
6. Sprinkle cinnamon over butter on sweet potato and serve.

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