



Honey BBQ Chicken & Broccoli from Hungry Girl Fast & Easy



This recipe is also featured in [Hungry Girl Fast & Easy: All-Natural Recipes in 30 Minutes or Less!](#)

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1/2 of recipe: 326 calories, 3.5g total fat (0.5g sat fat), 712mg sodium, 44.5g carbs, 4.5g fiber, 29g sugars, 30g protein

Green Plan [SmartPoints](#)® value 8*

Blue Plan (Freestyle™) [SmartPoints](#)® value 6*

Purple Plan [SmartPoints](#)® value 6*

Prep: 5 minutes **Cook:** 20 minutes

More: [Lunch & Dinner Recipes](#), [5 Ingredients or Less](#), [30 Minutes or Less](#)

Ingredients

1/3 cup BBQ sauce with 45 calories or less per 2-tablespoon serving
1 1/2 tbsp. honey
1/8 tsp. garlic powder
1/8 tsp. onion powder
1/8 tsp. each salt and black pepper
8 oz. raw boneless skinless chicken breast, cut into strips
3 cups broccoli florets
1 cup chopped onion

Directions

Preheat oven to 375 degrees. Spray a baking sheet with nonstick spray.

In a small bowl, combine BBQ sauce, honey, and seasonings. Mix well.

Place chicken, broccoli, and onion in a large bowl. Add sauce mixture, and toss to coat.

Transfer to the baking sheet. Bake until chicken is fully cooked and veggies are tender, about 20 minutes, flipping halfway through.

MAKES 2 SERVINGS

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[SmartPoints](#)® value* not what you expected? We follow the same method as Weight Watchers when calculating recipe values: We add up the [SmartPoints](#)® values* of the individual ingredients using the Recipe Builder. (Many foods have a value of zero and remain zero in recipes.)

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