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Easy Chicken and Broccoli Sauté With Keto Cheddar Mushroom Bake

Prep Time: 15 min. Cook Time: 15 min.

Serving Size: 6 oz. chicken
Recipe yields 1 serving

Ingredients

6 oz. chicken thighs, cooked (use leftover Grilled Rosemary Chicken)
2 cups chopped broccoli
3 cups mushrooms, cleaned and sliced
1-2 tbsp butter
2 oz. white cheddar cheese
1/4 cup chopped green onion

Directions

1. Preheat the broiler on high.
2. Heat two pans on the stove on medium-high heat. Split the butter between the two pans and melt.
3. Add broccoli to one pan and mushrooms to the other. Cook on medium-high heat, stirring the contents of each pan to ensure even cooking.
4. Once cooked through, remove mushrooms from heat and transfer to an oven-proof baking dish. Top with cheese and season with salt and pepper. Place in the broiler for 3-5 minutes until cheese on top is melted.
5. While mushrooms are broiling, add cooked chicken thighs to the broccoli, cooking for 3-5 minutes and stirring until heated through. Remove from heat and season with salt and pepper. Serve topped with 1/2 of chopped green onion.
6. Once mushrooms are done, remove from oven and serve topped with remaining half of chopped green onions.