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Chicken and Broccoli

Ingredients for Chicken:

6 chicken breasts
Lemon pepper to taste
Sea salt to taste

Directions:

1. Turn oven to “broil” and arrange rack so baking pan is close to heat.
2. Cover baking pan with aluminum foil and set aside.
3. Season both sides of chicken breasts with sea salt and a generous amount of lemon pepper.
4. Place chicken breasts in the middle of the baking pan and broil for 12-13 minutes (or until bottom side is golden).
5. Flip and broil for another 12 minutes.
6. When both sides are golden, remove from oven and serve.

Ingredients for Steamed Broccoli:

1 cup fresh broccoli
1/2 teaspoon of salt (optional)

Directions:

1. Bring 1/4 inch of water to boil in a large pan.
2. Add salt and broccoli florets.
3. Cover and steam until desired tenderness.
4. For added spice, add Sriracha hot sauce on the side for chicken and broccoli.