



Recipe Scavenger Hunt

Recipe: Chicken Teriyaki Bowls

Servings: 4

Ingredients:

- 1 tablespoon olive oil, divided
- 1 pound boneless skinless chicken breast, chopped
- 16 ounces broccoli florets
- 1/3 cup low-sodium teriyaki sauce
- 1 cup chopped pineapple
- 2 cups steamed brown rice



Directions:

1. Heat 1/2 Tbsp. oil in large skillet over medium heat. Add chicken and cook 5 minutes, or until chicken is cooked through. Remove from pan.
2. Heat remaining oil in skillet. Add veggies and cook 5 minutes, or until tender. Add chicken and teriyaki sauce. Cook 2-3 minutes, or until heated through. Stir in pineapple.
3. Top rice with chicken and veggies.



How many places do you see broccoli in the store?

What is the serving size of the teriyaki sauce?

Does your brown rice have the whole grain stamp on it?

Hint: One place you can find broccoli is a little chilly!

