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Posted on July 14, 2011

## Grilled Chicken with Broccoli Florets

While our herbed chicken is delicious sans sauce, why not add a little clean fun to your meal by using the herb and mustard blend as a dip for both your bird and broccoli?

By Nancy S. Hughes | Photo: Yvonne Duivenvoorden

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Serves: 4  
Hands-on time: 14 minutes  
Total time: 14 minutes

CATEGORY:  
Gluten Free, Freezable, Under 45 Minutes

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TIP:

Brushing oil on your chicken breast instead of simply drizzling it into the pan means that your chicken will absorb more flavor from seasonings, plus it will prevent the poultry from sticking to your grill.

### INGREDIENTS:

- 1/2 tsp dried tarragon
- 1/8 tsp cayenne pepper
- 1/4 tsp sea salt
- 1/2 tsp ground black pepper
- 4 boneless, skinless chicken breasts (about 1 lb), rinsed, patted dry and pounded 1/2-inch thick
- 1 tbsp extra-virgin olive oil
- 3 cups fresh broccoli florets
- 1 lemon, quartered

### SAUCE

- 1/2 cup low-fat sour cream
- 2 tsp Dijon mustard
- 2 to 3 tsp water, optional
- 2 tsp prepared horseradish
- 1 clove garlic, minced
- 1/2 tsp dried rosemary
- 1/4 tsp sea salt



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#### INSTRUCTIONS:

1. In a small bowl, combine tarragon, cayenne, 1/4 tsp salt and black pepper. Brush chicken with oil and sprinkle with tarragon mixture. Heat grill pan on medium-high. Add chicken and cook for 4 to 5 minutes per side or until no longer pink in center.
2. Meanwhile, pour 2 cups water into a large saucepan. Place a steamer basket in pan, then arrange broccoli in steamer basket. Bring water to boil over high heat. Cover pan tightly and cook broccoli for 3 to 4 minutes or until tender-crisp.
3. In a small bowl, whisk together sauce ingredients. Serve sauce with chicken and broccoli. Squeeze lemon over top as desired.

Check out more clean chicken recipes [here](#).

Nutrients per serving (3 oz chicken, 2 tbsp sauce, 3/4 cup broccoli): Calories: 229, Total Fat: 9 g, Sat. Fat: 3 g, Monounsaturated Fat: 3 g, Polyunsaturated Fat: 1 g, Carbs: 7 g, Fiber: 2 g, Sugars: 2 g, Protein: 29 g, Sodium: 415 mg, Cholesterol: 81 mg

#### Nutritional Bonus:

Don't stop reading labels simply because you're in the meat aisle: Frozen chicken breasts, pork tenderloin and pork loins can all pack high levels of sodium. Terms such as "brine," "seasoned" and "broth" are indicators that the meat has had salt added to it. When shopping for meats, opt for fresh, unseasoned products, then season and marinate them at home yourself.

KEYWORDS: chicken, sauce, broccoli

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