

# SHEET PAN CHICKEN TENDERS AND BROCCOLI WITH EVERYTHING BAGEL SEASONING

Preparation: 5 minutes | Cooking: 8-10 minutes | Servings: 4

## INGREDIENTS

*1 pound chicken tenders*  
*1 package ready-to-eat brown rice*  
*1 12-ounce package of broccoli*  
*1/3 cup low-fat plain Greek yogurt*  
*3 tablespoons EVOO*  
*1 tablespoon Dijon mustard*  
*4 teaspoons everything bagel seasoning, divided*  
*2 teaspoons honey*  
*1/2 teaspoon ground pepper, divided*



## INSTRUCTIONS

Place rack in upper third of oven. Preheat broiler to high. Line a large, rimmed baking sheet with foil. Combine 2 tablespoons oil, 2 teaspoons bagel seasoning and  $\frac{1}{4}$  teaspoon pepper in a large bowl. Add broccoli; stir to coat, then spread evenly on one half of the prepared baking sheet. Combine the remaining 1 tablespoon oil, 2 teaspoons bagel seasoning and  $\frac{1}{4}$  teaspoon pepper in the bowl. Add chicken and stir to coat. Arrange on the empty side of the baking sheet. Broil, turning the pan once, until the chicken is cooked through and the broccoli is tender and browned, about 8 minutes. Meanwhile, combine yogurt, mustard and honey in a small bowl. Follow instructions to cook rice on package. Serve the sauce with the chicken and broccoli.