

# HONEY BBQ CHICKEN AND CREAMY GARLIC PARMESAN POTATOES

Serves 4

GREAT FOR  
MEAL PREP



## INGREDIENTS

### For the Chicken:

- 1 tsp olive oil (5 ml)
- 1 Tbsp light butter (15 g)
- 1 lb boneless, skinless chicken breast, cubed (454 g)
- 1 tsp garlic powder
- 1 tsp smoked paprika
- 3/4 tsp ground cumin
- 3/4 tsp salt
- 1/2 tsp black pepper
- 2 Tbsp honey (40 g)
- 1/2 c sugar-free BBQ sauce, such as G Hughes (120 ml)

### For the potatoes:

- 1 lb gold or red potatoes, diced (454 g)
- 1 tsp olive oil (5 ml)
- 1 tsp garlic powder
- 1 tsp onion powder
- 1 tsp Italian seasoning
- 1 tsp smoked paprika
- 1/2 tsp salt
- 2 Tbsp grated parmesan (24 g)

### For the creamy garlic parmesan sauce:

- 2/3 c fat-free cottage cheese (150 g)
- 2 Tbsp ultra-filtered, fat free milk, such as FariLife (30 ml.)
- 2 cloves garlic pressed or minced (8 g/2 tsp)
- 1/2 tsp Italian seasoning
- 1/2 tsp garlic powder
- 2 Tbsp grated parmesan (24 g)

## FACTS

**Prep time:** 15 min

**Cook time:** 35 min

**Total time:** 50 min

**MFP:** "FFC Honey BBQ Chicken and Creamy Garlic Parmesan Potatoes"

**1 serving:** 9.4 oz/267 g (4.2/119 g oz chicken + 5.2 oz/147 g potatoes)

**390 Calories**

**36P | 8F | 39C**

## DIRECTIONS

- 1** Preheat oven to 425°F (220°C). Line a baking sheet with parchment paper or foil.
- 2** **Cook the chicken:** In a large skillet over medium-high heat, add olive oil and butter and heat until butter is melted.
- 3** In a bowl, toss chicken with all dry seasonings until well coated. Add to the skillet.
- 4** Cook for 9-10 minutes, stirring occasionally until golden brown and cooked through.
- 5** Reduce heat to low. Stir in honey and BBQ sauce. Simmer for 1-2 minutes until sticky and glazed.
- 6** **Cook the potatoes:** In a bowl, toss potatoes with olive oil, seasonings and Parmesan cheese. Spread out in a single layer on prepared baking sheet.
- 7** Bake for 25-30 minutes, stirring halfway, until browned and fork-tender.
- 8** While potatoes are cooking, **make the sauce:** In a small blender or food processor, blend/process all ingredients until smooth. Add sauce to a large sauce pan over low heat and cook, stirring often just until warmed through.
- 9** Toss the cooked potatoes into the warmed sauce until well coated.

**Note:** Chicken and potatoes also pre-loaded separately in My Fitness Pal for easy customization.