

Teriyaki Chicken Casserole



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Ingredients

- $\frac{3}{4}$ cup low-sodium soy sauce
- $\frac{1}{2}$ cup water
- $\frac{1}{4}$ cup brown sugar
- $\frac{1}{2}$ teaspoon ground ginger
- $\frac{1}{2}$ teaspoon minced garlic
- 2 Tablespoons cornstarch + 2 Tablespoons water
- 2 small boneless skinless chicken breasts
- 1 (12 oz.) bag stir-fry vegetables (Can be found in the produce section)
- 3 cups cooked brown or white rice

Instructions

1. Preheat oven to 350° F. Spray a 9x13-inch baking pan with non-stick spray.
2. Combine soy sauce, $\frac{1}{2}$ cup water, brown sugar, ginger and garlic in a small saucepan and cover. Bring to a boil over medium heat. Remove lid and cook for one minute once boiling.
3. Meanwhile, stir together the corn starch and 2 tablespoons of water in a separate dish until smooth. Once sauce is boiling, add mixture to the saucepan and stir to combine. Cook until the sauce starts to thicken then remove from heat.
4. Place the chicken breasts in the prepared pan. Pour one cup of the sauce over top of chicken. Place chicken in oven and bake 35 minutes or until cooked through. Remove from oven and shred chicken in the dish using two forks.
5. *Meanwhile, steam or cook the vegetables according to package [directions](#).
6. Add the cooked vegetables and rice to the casserole dish with the chicken. Add most of the remaining sauce, reserving a bit to drizzle over the top when serving. Gently toss everything together in the casserole dish until combined. Return to oven and cook 15 minutes. Remove from oven and let stand 5 minutes before serving. Drizzle each serving with remaining sauce. Enjoy!



YIELD: 18 LARGE COOKIES

Carrot Cake Breakfast Cookies

PREP:20 MINS

COOK:15 MINS

TOTAL:35 MINS

Thick, soft, and full of fresh carrot and apple, these Carrot Cake Breakfast Cookies are a healthy make ahead breakfast or snack. They're whole grain and refined sugar free, and they keep well in the freezer for meal prep.

INGREDIENTS:

- 2 1/4 cups old-fashioned oats
- 1 cup oat flour or whole wheat flour*
- 1/2 cup ground flaxseed
- 2 teaspoons cinnamon
- 1/2 teaspoon nutmeg
- 1/2 teaspoon baking soda
- 1/2 teaspoon salt
- 1 cup unsweetened applesauce
- 1/2 cup honey or pure maple syrup
- 1 large egg
- 2 teaspoons vanilla extract
- 1/4 cup (4 tablespoons) unsalted butter, melted and cooled slightly
- 1 cup grated carrot, chopped smaller if desired (2 medium carrots)**
- 1 cup finely chopped (or grated) apple (1 medium), no need to peel

DIRECTIONS:

Preheat oven to 350 degrees F. Line baking sheets with parchment paper.

In a large bowl, stir together oats, flour, flaxseed, cinnamon, nutmeg, baking soda and salt.

In a medium bowl or liquid measuring cup, whisk together applesauce, honey (or maple syrup), egg and vanilla. Mix in the melted butter.

Pour the wet ingredients into the dry and stir until just combined.

Gently fold in the grated carrot and apple.

Use a large scoop or measuring cup to drop 1/4-cup portions of dough onto the prepared baking sheets. Use your fingers to gently shape the cookies and flatten slightly, as they won't flatten on their own during baking.

Bake 14-15 minutes, until set and lightly golden. (If baking more than one pan at a time, be sure to rotate the pans halfway through the baking time.)

Let cookies cool on the baking sheet for a few minutes before removing to a wire rack to cool completely.

Cookies can be stored in an airtight container in the freezer for up to 2 months.

Nutrition information calculated using an online calculator and will vary based on ingredients/brands used.

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