

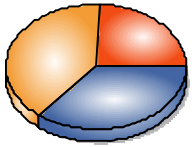


## Chicken w/Maple-Mustard Sauce and Faux Mashed Potatoes

By: Created by DrJez LLC

Recipe grams: 1433.19g/50.6oz

Serves 4 358.30g/12.6oz per serving



Protein: 29%  
Carbohydrates: 43%  
Fat: 27%

### INGREDIENTS

1 head CAULIFLOWER, RAW  
16 oz CHICKEN BREAST, BONELESS, RAW, MEAT/SKIN  
4 tbsp ONION, RAW  
6 tbsp MAPLE SYRUP, 100%  
4 tbsp MUSTARD, PREPARED, DIJON STYLE  
1 tsp DILL WEED, DRIED  
2 tsp ORANGE PEEL, RAW  
2 tbsp CREAM, HALF & HALF, NONFAT  
1 tbsp BUTTER FLAVOR SPRINKLES, NONFAT  
1 lb CARROT, BABY, RAW

### DIRECTIONS

Break cauliflower into pieces and place in a large microwave-safe bowl. Cover and steam on high for 8-10 minutes depending on the size of the head.

Place cauliflower in a food processor. Add milk and butter substitute and process until smooth, but not runny. Add 1 tsp dill and pulse until combined.

Place chicken breasts in a zip lock bag and pound using a meat mallet until 1/4 inch thick. Sprinkle with a little salt and pepper and place in a skillet on medium heat. Cook about 4 minutes per side or until done. Remove from pan.

Add onion to pan and cook until just softening, about 1 minute. Add syrup and remaining ingredients. Cook until thoroughly heated and slightly thickened, stirring frequently.

Place 1/4 of cauliflower on plate and place a chicken breast aside it. Top with sauce.

Serve with steamed carrots.

### Nutrition Facts

Serving Size: 1 serving (358.3g)  
Servings: 1

#### Amount Per Serving

Calories 360 Calories from Fat 100

% Daily Value\*

**Total Fat** 11g **15%**

Saturated Fat 3g **15%**

Trans Fat 0g

**Cholesterol** 75mg **25%**

**Sodium** 520mg **20%**

**Total Carbohydrate** 39g **15%**

Dietary Fiber 4g **15%**

Sugars 26g

**Protein** 26g

Vitamin A 310% • Vitamin C 70%

Calcium 10% • Iron 15%

\*Percent Daily Values are based on a 2,000 calorie diet.