

[HEALTHY TASTY CHICKEN RECIPES](#)



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Americans love chicken and healthy chicken recipes. The lean protein is quick cooking, reliable, and affordable. Chicken breasts in particular are a must for busy families. Chicken breasts are versatile, and they're easy to incorporate into a variety of family favorites, from stir-fries to fajitas.

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This is a very tasty Asian-inspired dish made with chicken and broccoli in a spicy peanut sauce. If you like it mild, use less cayenne, like it spicy, use more. If you're salt conscious, use low sodium soy sauce.

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