



Crockpot Oriental Chicken



Ingredients

- 2 tbsp(s), Seeds, sesame seeds, whole, dried
- 24 oz, Chicken Breast
- 8 tbsp, Light Soy Sauce
- 1/2 cup(s), Honey
- 1 1/2 cup(s), White-rice
- 3 tbsp(s), Butter
- Chives

Instructions

Rice

1. 1.5 cups of white rice, (which will yield 3 cups of cooked rice), in a 4-quart stockpot, bring 3 cups of water, minus 3 tablespoons of water, to which 3 tablespoons of butter has been added, to a rolling boil.
2. Cover and cook for 12-16 minutes

Chicken

1. Mix together soy sauce, honey, and sesame seeds
2. Place chicken in crockpot, spooning 2 Tbsp. soy-honey-seeds mixture over each breast. Pour any remaining sauce over the top of chicken after it is in the cooker.
3. Cook on low 4-6 hours, or until meat juices run clear

6 Servings

Nutrition Facts

6 servings

Amount per Serving

Calories 387

Total Fat 8 g

Saturated Fat 4 g

Cholesterol 80 mg

Sodium 827 mg

Carbohydrates 54 g

Fiber 1 g

Sugar 24 g

Protein 30 g