

Orange Chicken with Veggies

Courtesy of Carole's Creations

Prep Time: 15 minutes

Cooking Time: Slow Cooker Recipe

Serves: 4

CChints: This is a time saving, slow cooking recipe with an Asian flare. It can be done in 4 hours or 8 hours depending on the how soon you need to meal to be ready. Hoisin sauce is like an Asian BBQ sauce and it can be found in the Asian section of your supermarket.



2 sweet potatoes, peeled and chopped in bite size pieces
1 acorn squash, seeded and chopped, see below
1/2 medium sweet onion, like Walla Walla, Oso, Vidiala, diced
1 cup sliced carrots
1/2 teaspoon salt and dash of pepper
4 bone-in, skinless chicken breasts
1/2 teaspoon salt and dash of pepper
1 cup orange marmalade
1/2 cup reduce fat, low sodium chicken broth
2 tablespoons Hoisin sauce
4 servings of Whole Grain or Brown rice

Add the ingredients to your slow cooker in the order list starting with the sweet potatoes. Peel and chop them into bite size pieces. Cut the acorn squash in half and cut off the stem. A grapefruit spoons works great to scoop out the seeds because it has a serrated edge but a regular metal spoon will do the job. Do not peel the squash, instead cut it into bite size pieces and scatter them on top of the sweet potatoes.

Peel and chop the carrots, dice the onion and add them to the pot. Sprinkle all the veggies with salt and pepper.

Rinse the chicken pieces and pat them dry. Lay each piece onto of the veggies and sprinkle with salt and pepper. In a small bowl blend together the marmalade through hoisin sauce. Pour over the your chicken dish, cover and cook 3-4 hours on high or 6-8 hours on low.

Cook the rice before the slow cooking time is finished. Prepare 4 servings of rice according to package directions. When the cooking time is over and you are ready to serve this, remove the chicken and lay them on a platter. Remove and discard the bones.

Divide the rice evenly among the dinner plates. With a slotted spoon, take out the vegetables and put them on the bed of rice. Pour the sauce into a container. Add the chicken to each plate and spoon the sauce over everything on each plate.

Enjoy!