



## HONEY GARLIC CHICKEN

COOK TIME: 6 - 7 HOURS | SERVINGS: 4

**NOTE:** Sprinkle sesame seeds over chicken before serving.



HIGH PROTEIN



LOW CHOLESTEROL



LOW FAT

### INGREDIENTS

- 2-3 lbs Chicken breast, boneless/skinless
- 4 garlic cloves, minced
- 1/2 c. honey
- 1/2 c. ketchup, low-sodium
- 3/4 c soy sauce, low sodium
- 1/2 tsp. oregano, dried
- 3 T. parsley, fresh
- 3/4 T. sesame seeds, toasted

### SAUCE INSTRUCTIONS

Mix together garlic, honey, ketchup, soy sauce, oregano and parsley; whisk until thoroughly combined.

### COOKING INSTRUCTIONS

Place chicken breasts into the bottom of the SeparAide™. Pour sauce over chicken breasts. Close lid and cook on low for 6-7 hours. Remove lid. Lift SeparAide™. Allow contents to drain. Transfer to your favorite serving dish.