



Slow-Cooker Shredded Orange Sesame Chicken



1/6th of recipe (about 1/2 cup): 195 calories, 3.5g total fat (0.5g sat. fat), 397mg sodium, 13g carbs, 0.5g fiber, 10g sugars, 26.5g protein

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Prep: 10 minutes **Cook:** 3 - 4 hours on high or 7 - 8 hours on low



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Ingredients

1/2 cup chicken broth
1/3 cup orange marmalade
2 tbsp. light/reduced-sodium soy sauce
2 tsp. chopped garlic
1 tsp. onion powder
1 1/2 lbs. raw boneless skinless chicken breast
1/4 tsp. each salt and black pepper
1 tbsp. sesame seeds
Optional seasoning: red pepper flakes

Directions

In a slow cooker, combine broth, marmalade, soy sauce, garlic, and onion powder. Stir until uniform.

Season chicken with salt and pepper, and add to the slow cooker.

Cover and cook on high for 3 - 4 hours or on low for 7 - 8 hours, until chicken is fully cooked.

Transfer chicken to a large bowl. Shred with two forks.

Return chicken to slow cooker, add sesame seeds, and mix well.

MAKES 6 SERVINGS

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