

## Eat Well Recipe

### Sweet Orange Chicken

#### Ingredients:

- 4 chicken breasts
- 1 ½ cup orange juice
- 4 tsp Dijon mustard
- ½ medium onion, diced
- 2 Tbs brown sugar

#### Directions:

Put chicken breasts in a crockpot. Mix the orange juice, mustard, onion, and sugar and pour mixture on top of chicken. Cook on low for 2-3 hours or until chicken is cooked through (not pink). Delicious with brown rice.

This recipe is provided by SHS Wellness Programs.

All of our recipes can be found online at [www.uvu.edu/wellnessed](http://www.uvu.edu/wellnessed)

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