

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

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