

Apricot Ginger Crockpot Chicken

Ingredients

1 lb boneless, skinless chicken breasts
2/3 cp apricot jam
1 Tbsp low sodium soy sauce
1 inch (~1 Tbsp) fresh grated ginger
3 cloves garlic, peeled and minced
1 lb frozen or fresh green beans



Preparation

Combine all ingredients in a crockpot and cook on low setting for 6 hours.

* You may also prep this recipe in advance by combining all ingredients in a gallon sized freezer bag. Be sure to remove as much air as possible prior to sealing and lay flat in the freezer for up to 3 months. Simply thaw overnight in the fridge and cook at low in slow cooker for 6 hours or until cooked through.

Serve alone or with a whole grain such as brown rice, quinoa, or farro.

Yield: 4 servings

per serving: 370 Calories | 4g Fat (1g Saturated Fat) | 37g Protein | 42g Carbohydrates | 400mg Sodium