

HONEY SESAME CHICKEN

SERVES 3

Ingredients:

- 2 medium-large boneless, skinless chicken breasts
- 2 tbsp olive oil
- ¼ to ½ cup honey
- 1 cup Trader Joe's island soyaki sauce
- 1 tbsp sesame oil
- salt and pepper to taste

Add all ingredients to crockpot and cook on low 4-6 hours. One hour before serving, shred the chicken and add back to crockpot. Serve the chicken and sauce over rice.

Recipe can be made ahead of time and frozen; just add all ingredients to a Ziploc bag and freeze. Thaw the meal overnight before putting it in the crockpot.

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