SLOW COOKER
TERIYAKI CHICKEN WITH RICE

Ingredients:
• 2 lbs. boneless, skinless chicken breasts
• 2 cloves minced garlic
• ½ cup white onion, chopped
• ½ cup honey
• ½ cup soy sauce
• ¼ cup rice wine vinegar
• 1 Tbsp fresh ginger, chopped
• 1/8 tsp ground black pepper
• ¼ cup cold water
• 3 Tbsp cornstarch

Optional Ingredients:
• Sliced scallions
• Toasted sesame seeds

Supplies:
• Slow cooker
• Mixing Bowl
• Whisk
• Slotted Spoon
• Sauce Pan

Direction:
1. Add chicken to the slow cooker.
2. In a mixing bowl, whisk together minced garlic, white onion, honey, soy sauce, rice wine vinegar, chopped ginger and black pepper. Pour over the chicken.
3. Cover and cook for 4-5 hours on high. Chicken should shred easily with a fork when finished.
4. With a slotted spoon, remove the chicken to a cutting board and shred. Transfer the remaining sauce from the slow cooker to a medium sauce pan.
5. In a new bowl, whisk together cold water and cornstarch until it is no longer lumpy and has dissolved. Pour the mixture in the sauce pan and whisk to combine.
6. Bring the mixture to a boil (medium-high heat) and let it boil for 1-2 minutes, until thickened.
7. Remove sauce from the stove and pour over the shredded chicken. Toss to combine.
8. Serve over rice and top with scallions and toasted sesame seeds.