



Dinner Recipes

Crockpot General Tso's Chicken

Ingredients:

- 1 lb boneless-skinless chicken breast (cut into 1 inch strips)
- 3 garlic cloves finely chopped
- 2 T dark brown sugar
- 1 tsp dried ginger
- 1 tsp crushed red pepper flakes (optional, for a little spice)
- 2 T low sodium soy sauce
- 1 bag frozen broccoli florets
- 2 cups brown rice (cooked)



Directions:

1. Combine garlic, ginger, brown sugar, soy sauce and crushed red pepper flakes in a bowl then add chicken. Mix well
2. Pour all chicken and sauce into crockpot and cook on low for 5 hours
3. Add broccoli and cook for an additional hour
4. Serve over brown rice
5. ENJOY!

Serving size for chicken is 4oz, makes 4 servings

Serving size for rice is 1/3 of a cup, makes 6

Nutrition Information:

Meal Plan Blocks:

1 serving of chicken: 188 calories, 25 grams protein, 8 grams carbs, 6 grams fat

1 serving of rice: 72 calories, 1 gram protein, 14 grams carbs, 0.5 grams fat

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