

Slow Cooker Honey-Garlic Chicken

Ingredients

Preparation time: 30 min.

Servings: 8

Cost: \$

1 onion, sliced

6-8 cloves of garlic, chopped

¼ cup honey

½ cup ketchup

½ cup soy sauce

1 Tbsp. Italian seasoning

2 lbs. chicken breast

Directions

1. In a medium saucepan, sauté onions and garlic until soft.
2. Add honey, ketchup, soy sauce, and Italian seasoning. Stir to combine.
3. Place chicken in slow cooker, pour sauce on top, and cook on high for 5 or more hours.



Cost per serving:

\$ = < \$5, \$\$ = \$5-10, \$\$\$ = > \$10

Honey Garlic Chicken

Amount	4 oz.
Calories	260
Fat (g)	7
Sat. Fat (g)	2
Carb. (g)	19
Fiber (g)	0
Protein (g)	30
Allergen info: Dairy Free	

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Cooking Tip

Try placing the ingredients in the slow cooker before leaving for work or practice. For a complete 15-minute meal upon arriving home, heat up some 90-second brown rice and sauté kale or spinach. Layer the brown rice and kale, top with a 3-4 oz. portion of chicken, and drizzle with 1-2 Tbsp. of cooking liquid!

Performance Facts

Chicken and other animal proteins are high in leucine, a branched chain amino acid that stimulates the synthesis and repair of muscles. Having quality sources of protein in meals and snacks throughout the day facilitates recovery, drives training adaptations, and helps athletes achieve their body composition goals, whether they be to gain, lose, or maintain.



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