

# Slow Cooker Sesame-Garlic Chicken

**DIRECTIONS** In sm. bowl, whisk  $\frac{1}{2}$  c. each **rice wine** (or mirin), **soy sauce** and **toasted sesame oil** and 1 Tbsp. **brown sugar**. In 6-qt. slow cooker bowl, layer 2 lbs. **skinless, boneless chicken breasts**; soy mixture; 8 cloves peeled **garlic**; and 1-in. piece fresh **ginger**, sliced into thin coins. Cover bowl with lid and cook 5 to 6 hrs. on Low until chicken is tender. Transfer chicken to cutting board; shred and return to slow cooker bowl. Serve chicken mixture with 4 c. **frozen cooked white rice**, warmed, and 1 lb. **broccoli florets**, steamed. Garnish with sliced **green onions** and **red chiles**.

**SERVES 6** About 510 cal, 41 g protein, 51 g carbs, 16 g fat (2 g sat), 3 g fiber, 720 mg sodium.



FRIDAY

PERFECT  
PAIRING  
Fruity  
Beaujolais