



Uploaded to the VFC Website

▶▶ ▶▶ **May 2014** ◀◀ ◀◀

This Document has been provided to you courtesy of Veterans-For-Change!

Feel free to pass to any veteran who might be able to use this information!

For thousands more files like this and hundreds of links to useful information, and hundreds of "Frequently Asked Questions, please go to:

[Veterans-For-Change](http://www.veteransforchange.org)

*Veterans-For-Change is a A 501(c)(3) Non-Profit Organizaton
Tax ID #27-3820181
CA Incorporation ID #3340400
CA Dept. of Charities ID #: CT-0190794*

If Veterans don't help Veterans, who will?

We appreciate all donations to continue to provide information and services to Veterans and their families.

https://www.paypal.com/cgi-bin/webscr?cmd=_s-xclick&hosted_button_id=WGT2M5UTB9A78

Note:

VFC is not liable for source information in this document, it is merely provided as a courtesy to our members & subscribers.



Slow-Cooker Honey Almond Chicken

- 4 Chicken breasts cut into large pieces
- 1/4 Cup slivered almonds, plus more for garnish
- 1/4 Cup soy sauce
- 1/3 Cup honey
- 1 Tbsp canola oil
- 2 Cloves garlic, minced
- 1 Tsp fresh ginger, minced
- 1/2 Cup snap peas
- 1 Tbsp cornstarch
- Cooked brown or white rice for serving

- 1) Place chicken breasts and 1/4 cup almonds in a slow cooker.
- 2) In a bowl, whisk to combine soy sauce, honey, garlic, ginger, and oil. Pour over chicken and stir. Cover and cook on high for 4 hours or 8 hours on low. Fifteen minutes before finished, remove the chicken to a plate. Whisk cornstarch into the remaining cooking liquid in the slow cooker. Return the chicken along with snap peas to the slow cooker and finish cooking for 15 minutes or until the sauce has thickened. Serve over rice and garnish with almonds.

Makes 4-6 Servings

