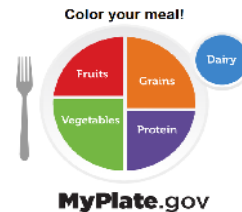




HONEY GARLIC CHICKEN AND RICE



Ingredients:

1 lb chicken breast

1/2 onion, diced

2 cloves garlic

1 cup cooked brown rice

1/2 cup low-sodium soy sauce

1 tbsp honey

1 tbsp olive oil

Directions:

1. Heat olive oil in a large skillet over medium-high heat.
2. Add the chicken to the skillet and brown until the chicken is fully cooked (internal temp of 165 degrees)
3. Make the sauce: Whisk the honey, soy sauce, and garlic in a small bowl until well combined.
4. Add the sauce to the pan and toss to coat the chicken pieces. Cook for a few more minutes
5. Serve with steamed rice and sesame seeds.

Find more recipes and resources online at: www.gcfb.org/recipes_resources

Want to apply for SNAP Benefits? Call the number below for assistance!

Mention **Gleaners** when speaking with your SNAP representative.

F.O.R.
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LÍNEA DE AYUDA



Para obtener ayuda para encontrar una despensa de alimentos, ayuda para presentar una solicitud de beneficios de SNAP o referencias a otros recursos, llame al

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HELPLINE



For help finding a food pantry, assistance in applying for SNAP benefits or referrals to other resources, call

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1-888-544-8773

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Food Bank Council of Michigan
Financiado en parte por el Departamento de Salud y Servicios Humanos de Michigan
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