

# BROWN SUGAR CHICKEN & SWEET POTATOES

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Serves 4

## INGREDIENTS

3 skinless chicken breasts  
1/4 teaspoon salt  
1/8 teaspoon pepper  
1 onion, quartered or sliced into rings  
2 large sweet potatoes, peeled and sliced into 1/2 inch thick rounds  
2 tablespoons brown sugar  
1/8 cup orange juice  
1/8 teaspoon cayenne pepper, or to taste  
2 teaspoons chili powder  
1 Tablespoon reduced sodium soy sauce



## DIRECTIONS

1. Place the chicken in a slow cooker.
2. Season with salt and pepper. Top with the onion slices and then the sweet potatoes.
3. Sprinkle brown sugar evenly across the sweet potatoes and then pour the orange juice on top.
4. Season with cayenne, chili powder, and soy sauce.
5. Cover and cook on high for 5 hours.

## NUTRITION INFORMATION PER SERVING (1/4 of recipe)

Calories: 195, Total Fat: 3g, Saturated Fat: 1g, Cholesterol: 48mg, Sodium: 387mg, Carbohydrate 22g, Fiber: 2g, Sugar: 12g, Protein: 20g

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