



ORANGE CHICKEN WITH WINTER SQUASH & SWEET POTATO

Angela Litzinger @ angelaskitchen.com

ONE BATCH SERVES 6

INGREDIENTS	X1	X2	X3	X4
medium winter squash, seeded, peeled and cut into 1-1½" cubes (such as butternut squash)	1	2	3	4
sweet potatoes, peeled and cut into cubes the same size as squash	2 to 3	4 to 6	6 to 9	8 to 12
Skinless, boneless chicken thighs or breasts (4 to 6 oz each)	6	12	18	24
Orange marmalade (fruit juice sweetened preferred)	1 cup	2 cups	3 cups	4 cups
Gluten free dairy free chicken broth	1/2 cup	1 cup	1 1/2 cup	2 cup
Orange juice	1/2 cup	1 cup	1 1/2 cup	2 cup
Gluten free soy sauce	1 T	2 T	3 T	1/4 cup
Maple syrup	1 T	2 T	3 T	1/4 cup
Ground ginger	1/2 t	1 t	1 1/2 t	2 t

Mix squash and sweet potatoes into the bottom of your slow cooker. Lay chicken breast on top of veggies. Season with salt and pepper. Mix last 6 ingredients together and pour over chicken. Cover. Cook on low for 6-8 hours until chicken is cooked and veggies are tender.

To freeze: Put all ingredients for one batch into a gallon sized freezer bag. Remove as much air as possible, seal, label and freeze.

To serve: Thaw. Put in slow cooker, cover, and cook on low for 6-8 hours until chicken is cooked and veggies are tender.