



Healthy Food, Healthy Families
EFNEP
EXPANDED FOOD AND NUTRITION EDUCATION PROGRAM

Pomegranate Honey Chicken

- ½ cup Pomegranate Vinaigrette
- 2 Tbsp. Dijon mustard
- 2 Tbsp. honey
- 2 cups diced onions
- 4 boneless chicken breasts

1. In a small bowl, whisk dressing, mustard, and honey. Set aside.
2. In a slow cooker, spread onions on bottom. Place chicken on onions. Pour dressing mixture over chicken.
3. Cover and cook on low for 4 hours. Chicken should have an internal temperature of 165°F.
4. Remove chicken from slow cooker.
5. Serve over steamed brown rice and drizzle with sauce.



Tips

1. Garnish with fresh pomegranate seeds and chopped parsley.
2. For a quick and easy way to get peel a pomegranate, go to: <https://www.youtube.com/watch?v=1yUkXKI48IE>
3. Substitute boneless skinless chicken breasts, pork chops or a boneless chuck roast.
4. Make Ahead: Make a double batch and freeze.

Nutrition Facts	
Serving Size 1 breast (214g)	
Servings Per Container 4	
Amount Per Serving	
Calories 320	Calories from Fat 120
%	
Total Fat 13g	20%
Saturated Fat 1.5g	8%
Cholesterol 80mg	26%
Sodium 650mg	27%
Total Carbohydrate 19g	6%
Dietary Fiber 1g	4%
Sugars 13g	
Protein 30g	
Vitamin A 0%	Vitamin C 8%
Calcium 4%	Iron 6%



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