



Sweet ' n Spicy Glazed Chicken

6 4 ounce skinless boneless chicken breast *

1 cup reduced-sodium soy sauce *

1 Tbs. Oil *

1 cup reduced-sodium chicken broth *

¼ ts salt *

2 Tbs. Lemon juice *

¼ ts pepper *

½ ts cayenne pepper *

4 cloves garlic, minced *

¼ cup cornstarch

½ cup brown sugar

½ cup water In large skillet, heat oil over medium-high heat.

Add chicken and brown on both sides.

Season chicken with salt and pepper.

Put in crock pot. In a small bowl.

Combine remaining ingredients, except cornstarch and water.

Pour over chicken.

Cover, cook on Low 7 to 9 hours (High 3 to 4 hours)

When done, remove chicken breast and turn crock pot to high, cover.

Combine cornstarch and water.

Stir into liquid in crock pot.

Place cover slightly ajar on crock pot.

Cook until thickened (15 to 30 minutes).

6 servings