

# March Make & Take



## Crockpot Honey Garlic Chicken & Broccoli

PARTICIPANTS MUST HAVE ACCESS TO INTERNET AS THE MAKE & TAKE WILL BE DONE VIRTUALLY, SESSIONS WILL BE PRE-RECORDED AND SENT OUT VIA EMAIL PRIOR TO PICKUP. INGREDIENTS MUST BE PICKED UP ON WEDNESDAY, **MARCH 19TH**, AT THE SMHWC FROM 11:45AM -1:15PM. SIGN UP IS MARCH 3RD - MARCH 7TH. WE WILL BE DRAWING NAMES FOR THE VIRTUAL MAKE & TAKE. WE WILL CONTACT YOU ON MONDAY, MARCH 10TH IF YOUR NAME HAS BEEN CHOSEN.

**Contact Violet Azzolina, Community Health Representative to sign up!**

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**ATTENTION:** MAKE & TAKE ACTIVITIES ARE MADE POSSIBLE THROUGH GRANT FUNDING. PICTURES OF YOUR COMPLETED CREATIONS MUST BE SUBMITTED TO VIOLET. PICTURES ARE PART OF THE VERIFICATION OF APPROPRIATE FUNDING USE TO OUR GRANTOR, WHICH ALLOWS US TO CONTINUE TO PROVIDE THIS PROGRAM. FAILURE TO DO SO MAY EFFECT YOUR FUTURE ELIGIBILITY.



*Stockbridge-Munsee*  
COMMUNITY HEALTH DEPARTMENT

# Crockpot Honey Garlic Chicken & Broccoli

## Ingredients

- 1.5 pounds chicken thighs (about 3-4 chicken thighs)
- 1/3 cup chicken broth
- 1/4 cup honey
- 2 tbsp soy sauce
- 1 tbsp rice wine vinegar
- salt and pepper to taste
- 1/4 tsp red pepper flakes
- 4 cloves garlic minced
- 1 (12 oz) bag frozen broccoli
- 1 tbsp corn starch
- 2 tbsp water



## Instructions

1. In a bowl, mix chicken broth, honey, soy sauce, garlic, red pepper flakes, rice wine vinegar, salt, and pepper. Taste the mixture to make sure it has enough.
2. Lay out chicken thighs along the bottom of the crock pot and pour the honey/garlic mixture on top.
3. Cook on high for 3-4 hours or low for 5-6.
4. The last hour of cooking before serving, mix together the corn starch and water in a small bowl. Mix until there are no lumps of corn starch remaining. Then remove lid of crock pot and pour the corn starch slurry into the sauce, mixing slightly. Then using a spoon or spatula, move the chicken to the side of the crock pot slightly to add the broccoli on the empty side. Replace lid and let finish cooking
5. When ready to serve, you can use two forks to shred up the chicken if desired. Stir the broccoli so that it gets fully coated in the sauce.

## Notes

You can use fresh broccoli instead of frozen if desired! I just like the convenience of frozen broccoli and not having to chop anything.

You can also use chicken breasts instead of chicken thighs if desired. I prefer chicken thighs because they don't dry out as easily in the crock pot



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