

DR. CHRISTOPHER'S  
*Herbal Legacy Newsletter*

## Chicken Teriyaki



- 1/2 cup Braggs Liquid Aminos
- 1/2 cup water
- 2-3 T. honey
- 2 t. fresh ginger, grated
- 2-3 cloves garlic, minced or pressed
- 6 chicken thighs, well-trimmed or 2 breasts, each cut into thirds
- 1 head of green cabbage, chopped fine
- 1/2 head purple cabbage, chopped fine
- 4-6 carrots, grated
- 4 cups cooked brown rice

Place the first six ingredients into a slow cooker and cook on low for 3-4 hours turning the chicken pieces in the sauce half way through. 1/2 hour before serving, shred chicken and allow it to finish cooking in the sauce. 10 minutes before serving add the cabbage and carrots and warm until wilted. Serve over brown rice.