


CROCK-POT PINEAPPLE CHICKEN
 3.7 servings

INGREDIENTS

- 1.5 lbs chicken tenders
- 1 cup low-sodium chicken broth
- 1/4 cup low sodium soy sauce
- 4 teaspoons cornstarch
- 2 tsps sesame oil
- 3 cloves of garlic, raw (9 g), minced
- 1 tbsp minced fresh ginger
- 1/2 teaspoon crushed red pepper
- 2 cups cubed fresh pineapple
- 1 large red bell pepper, cut into 1-inch pieces
- 1 medium onion, cut into 1-inch pieces
- Sliced scallions for garnish

COOKING METHOD

¹ Directions Step 1 Coat a 5- or 6-quart slow cooker with cooking spray. Place chicken in one layer in the bottom of the cooker. Whisk broth, soy sauce and cornstarch in a measuring cup until smooth. Add sesame oil, garlic, ginger and crushed red pepper; stir to combine. Pour the mixture over the chicken, then scatter pineapple, bell pepper and onion over the top. Cover and cook on Low for 4 1/2 hours or on High for 2 hours. Step 2 Remove the chicken and vegetables to a bowl. Transfer the liquid to a medium saucepan; bring to a boil over medium-high heat. Cook, stirring occasionally, until reduced to about 1 cup, about 10 minutes. Coarsely shred the chicken; place the chicken mixture in a serving bowl. Add the sauce and stir to combine. Garnish with scallions, if desired.

NUTRITIONAL INFORMATION

	PER 100 g	PER SERVING (440 g)	% DRI
ENERGY	81 kcal	357 kcal	18 %
FAT	2 g	8 g	12 %
FATTY ACIDS, TOTAL SATURATED	0 g	1 g	7 %
CHOLESTEROL	30 mg	133 mg	44 %
SODIUM	200 mg	879 mg	37 %
CARBOHYDRATE	6 g	27 g	9 %
SUGARS	3 g	13 g	—
FIBER	1 g	3 g	13 %
PROTEIN	10 g	44 g	—