



Hawaiian Slow-Cooker Chicken



1/4th of recipe (about 1 2/3 cups): 288 calories, 2g total fat (1g sat. fat), 655mg sodium, 31g carbs, 4g fiber, 17.5g sugars, 35.5g protein

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Prep: 20 minutes **Cook:** 3 - 4 hours *or* 7 - 8 hours, plus 10 minutes



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Ingredients

4 cups sliced bell peppers (any color)
4 cups sliced onion
One 8-oz. can pineapple chunks packed in juice (not drained)
1 1/4 lb. raw boneless skinless chicken breast, cut into strips
1/4 tsp. each salt and black pepper
3 tbsp. reduced-sodium/lite soy sauce
1 tbsp. brown sugar (not packed)
1 tsp. chopped garlic
1 tsp. chopped ginger
1 1/2 tbsp. cornstarch

Directions

Add veggies and pineapple (including juice) to a slow cooker. Season chicken with salt and black pepper, and add to the slow cooker.

In a small bowl, mix all remaining ingredients *except* cornstarch. Add mixture to slow cooker, and stir to coat.

Cover and cook on high for 3 - 4 hours or on low for 7 - 8 hours, until chicken is fully cooked.

Transfer about 1/4 cup of the liquid from the slow cooker into a small bowl. Once it cools slightly (after about 1 minute), add cornstarch, and stir to dissolve. Stir mixture into the liquid in the slow cooker. Stirring occasionally, cook uncovered until thickened, about 10 minutes.

MAKES 4 SERVINGS

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