

Crock-Pot Pineapple Chicken

This slow-cooker chicken with pineapple has a hint of ginger and sesame and is made with simple ingredients you may already have in your pantry! Look for fresh pineapple that's been peeled and cored already to make assembly even easier. Serve with brown rice to sop up the sweet and savory sauce.



Prep Time:

35 mins

Additional Time:

2 hrs

Total Time:

2 hrs 35 mins

Servings:

4

Yield:

4 servings

Ingredients

1 ½ pounds boneless, skinless chicken thighs
1 cup low-sodium chicken broth
¼ cup low-sodium soy sauce
4 teaspoons cornstarch
2 teaspoons toasted sesame oil
3 large cloves garlic, minced
1 tablespoon minced fresh ginger
½ 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

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.

Nutrition Facts (per serving)

324 Calories
10g Fat
22g Carbs
37g Protein

Nutrition Facts

Servings Per Recipe 4
Serving Size 1 1/4 cups
Calories 324

	% Daily Value *
Total Carbohydrate 22g	8%
Dietary Fiber 3g	10%
Total Sugars 11g	
Protein 37g	74%
Total Fat 10g	13%
Saturated Fat 2g	12%
Cholesterol 160mg	53%
Vitamin A 1467IU	29%

Vitamin C 95mg	105%
Folate 46mcg	12%
Sodium 717mg	31%
Calcium 42mg	3%
Iron 2mg	13%
Magnesium 64mg	15%
Potassium 729mg	16%
