

SLOW COOKER PINEAPPLE CHICKEN OVER ZOODLES

Recipe Courtesy: Grace Derochais, Blue Cross Blue Shield of Michigan

Ingredients

- 1.5-2 pounds boneless skinless chicken, best with combination of thighs and breast, chopped into 1 inch pieces
- 1 (20 ounce can of pineapple chunks), reserve juice
- ½ cup chicken broth
- 2 Tbsp. low sodium soy sauce
- ¼ cup brown sugar
- 3 cloves garlic, minced
- 1 Tbsp. fresh ginger, grated or 1 tsp ground ginger
- 2 Tbsp. honey
- 1 red bell pepper, cut into 1-inch pieces
- 1 small yellow onion, cut into 1-inch pieces
- 1 (8 ounce) can of sliced water chestnuts
- 2 Tbsp. cornstarch
- ¼ cup water
- 2 teaspoons sesame seeds, optional garnish
- Parsley, optional garnish
- 3-4 zucchinis, made into zoodles (zucchini noodles)

Instructions

1. Pour juice from canned pineapple into a mixing bowl with chicken broth, soy sauce, brown sugar, garlic, ginger and honey. Whisk thoroughly to combine.
2. Place chicken in slow cooker, pour mixture over chicken. Cook on low for 4-6 hours or high for 2-4 hours until cooked to 165 degrees.
3. During last 30 minutes of cooking add bell pepper, onion, and water chestnuts. Also, at this time, mix cornstarch in water until dissolved and add to slow cooker.
4. Serve chicken on top of zoodles or bed of white rice, brown rice or quinoa. Garnish with sesame seeds and parsley. Enjoy!