

Quick Cookin' Zesty Chicken

(Slow cooker recipe)

What you need:

- 5 quart slow cooker
- 6 boneless skinless chicken breasts
- 2 bottles of barbeque sauce
- 1 can pineapple chunks, undrained
- 1 medium green pepper, chopped (or can use frozen prechopped)
- 1 medium onion, chopped (or can use frozen prechopped)
- 2 cups cut up carrots, fresh or frozen
- 1 Tablespoon chopped garlic
- Cooked brown rice, barley or whole wheat pasta to place finished chicken dish on.



(over for directions, nutritional information)

Quick Cookin' Zesty Chicken (continued)

How to make:

Place 4 chicken breasts in slow cooker. Combine barbeque sauce, pineapple, green pepper, onion, garlic and carrots. Pour over chicken. Top with remaining chicken. Cover and cook on low for 8 hours or until chicken is tender. Thicken sauce with cornstarch if needed. Serve over cooked brown rice, barley or whole wheat pasta. Makes 6 servings.

Nutritional Information (approximate):

Serving size: 1 chicken breast in veggies and sauce over 1 cup cooked brown rice, barley or whole wheat pasta. 400 calories, 5 g. fat, 60 g. carbohydrate, 7 g. fiber, 28 g. protein, 400 mg. sodium.



Recipe courtesy of Lifetime Health Medical Group