



Slow-Cooker Very Teriyaki Chicken



1/6th of recipe (about 3/4 cup): 191 calories, 3g total fat (0.5g sat. fat), 465mg sodium, 13g carbs, 1g fiber, 9g sugars, 26g protein

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



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Ingredients

One 8-oz. can crushed pineapple in juice (not drained)
1 tbsp. chopped garlic
1/2 tsp. ground ginger
1 1/2 lbs. raw boneless skinless chicken breast
1/8 tsp. each salt and black pepper
1 cup chopped onion
1/3 cup thick teriyaki sauce or marinade, or more for topping
Optional toppings: chopped scallions, sesame seeds

Directions

In a slow cooker, combine pineapple, garlic, ginger, and 1/4 cup water. Mix well.

Season chicken with salt and pepper, and add to slow cooker. Evenly top with onion.

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

Using a slotted spoon, transfer the contents of the slow cooker to a large bowl. (Discard the remaining liquid.)

Shred chicken with two forks. Add teriyaki, and mix well.

MAKES 6 SERVINGS

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