

Slow-Cooker Sweet & Sour Chicken

The grated fresh ginger in this classic Chinese recipe makes the chicken extra sweet.

Substitute pork tenderloin in place of chicken thighs, if desired.

Ingredients:

1 cup chopped onion (about 1 medium)
1/3 cup sugar
1/3 cup ketchup
1/4 cup orange juice
3 tbsp cornstarch
3 tbsp cider vinegar
2 tbsp lower-sodium soy sauce
1 tbsp grated, peeled fresh ginger
1 lb skinless, boneless chicken thighs, cut into 1-inch pieces
2 (8 oz.) cans pineapple chunks in juice, drained
1 large green bell pepper, cut into 3/4 inch pieces
1 large red bell pepper, cut into 3/4 inch pieces
3 cups hot cooked white rice



Preparation:

1. Combine the first 12 ingredients in an electric slow-cooker. Cover and cook on **LOW** for 6 hours or **HIGH** for 4 hours.
2. Serve over cooked rice. Serves 6 (2/3 cup chicken & 1/2 cup rice).

Nutritional Information (per 1/6 recipe):

Calories: 322	Total Fat: 3.4g
Sat. Fat: 0.9g	Carbohydrates: 57g
Fiber: 1.8g	Protein: 18.4g