

Sweet & Tangy Chicken

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Servings: 6

Preparation Time: 15 minutes

Cook time: 8 hours

2 pounds skinless chicken thighs
1/2 teaspoon ground ginger
1/4 teaspoon allspice
1 large onion, thinly sliced
1 large green pepper, chopped
1 can (8 oz) pineapple chunks in juice, drained
1/4 cup rice vinegar
2 tablespoons reduced-sodium soy sauce
1 tablespoon sugar
1 can (14 1/2 oz) diced tomatoes
1 cup reduced-sodium chicken broth
2 tablespoons quick-cooking tapioca
1 can (15 oz) cannellini beans, drained and rinsed
cooked angel hair pasta

Coat the slow cooker with nonstick cooking spray.

Place the chicken thighs in the slow cooker and season with the ginger and allspice.

Add the green pepper, pineapple, rice vinegar, soy sauce and sugar.

Scatter the onion over the chicken.

Stir together the tomatoes, broth and tapioca. Pour over the onions.

Cover and cook on HIGH for 5 and 1/2 hours or LOW for 7 1/2 hours.

Stir in the beans. Cook an additional 30 minutes. Remove the bones.

Serve over angel hair pasta.

Per Serving (excluding unknown items): 272 Calories; 4g Fat (12.6% calories from fat); 26g Protein; 34g Carbohydrate; 7g Dietary Fiber; 72mg Cholesterol; 284mg Sodium. Exchanges: 1 1/2 Grain(Starch); 3 Lean Meat; 1 Vegetable; 1/2 Fruit; 0 Fat; 0 Other Carbohydrates.