

Sweet Hawaiian Crock Pot Chicken

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Serves 4

Blue – 1 point

Purple – 1 point

Green – 4 points

- 1 pound boneless (skinless chicken breast, cut into chunks)
- 1 20 oz can crushed pineapple (drained, juice reserved)
- $\frac{1}{2}$ cup reserved pineapple
- 3 Tbsp low sodium soy sauce
- $\frac{1}{4}$ cup zero calorie brown sugar alternative (I use Surkin Gold)

1. Place chicken in a slow cooker that has been sprayed with non stick spray.
2. Mix remaining ingredient in a bowl.
3. Pour over chicken, stir to combine.
4. Cook on low for 6-8 hours.
5. I plan on serving mine over rice.