

Slow Cooker Thai Peanut Chicken

A creamy peanut sauce with peppers, mixed with chicken, and cooked slowly all day to absorb the flavor. Poured over a bed of rice or linguine whole grain noodles and garnished lightly with cilantro and peanuts. This is a Thai-themed favorite and full of protein, fiber (10 grams per serving!), B-vitamins, folate, Vitamin C, Vitamin A, magnesium, manganese, zinc, and phosphorus!

Ingredients:

2 cloves	Garlic, minced
2/3 cup	Peanut butter
1 cup	Low sodium chicken broth
1 lb	Boneless skinless chicken breast, cubed (1 inch)
1 cup	Shredded zucchini
1/3 cup	Reduced sodium soy sauce
1 tsp	Sugar
1 large	Red bell pepper, cut in strips
1 tbsp	Lime juice
1 cup	Cilantro, divided
8 oz	Linguine noodles, cooked and drained (can do rice instead!)
Optional	Peanuts for garnish

Directions:

1. Mix garlic, peanut butter, chicken broth, chicken breast, shredded zucchini, reduced sodium soy sauce, sugar, and red bell pepper in a large crockpot until well combined.
2. Cook for 2-3 hours on high or low for 4 hours.
3. When the dish has 30 minutes left to cook, add in lime juice and ½ cup cilantro. Start cooking the linguine noodles or rice at this time.
4. Serve creamy Thai chicken over a bed of cooked rice or noodles, then garnish each plate with the leftover cilantro (and peanuts if you wish)

Servings: 4 servings

Serving size: 2 oz pasta + 4 oz Thai peanut chicken

Slow Cooker Thai Peanut Chicken		
Nutrition Facts		
Serving Size: 1 Serving		
Amount Per Serving	% Daily Value*	
Calories	590.4 kcal	30 %
Total Fat	24.9 g	38 %
Saturated Fat	5 g	25 %
Trans Fat	0 g	
Cholesterol	75.9 mg	25 %
Sodium	838.3 mg	35 %
Total Carbohydrate	56.3 g	19 %
Dietary Fiber	10.6 g	42 %
Sugars	9.7 g	
Protein	45.4 g	91 %
Vitamin A	33 %	Vitamin C 106 %
Calcium	5 %	Iron 18 %

* Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.

Full Info at cronometer.com </>