

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

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Nutrition Facts

Serving Size: 1 × 2 oz pasta + 4 oz Thai peanut chicken

Amount Per Serving		% Daily Value*
Calories	522.2 kcal	26 %
Total Fat	25.2 g	39 %
Saturated Fat	4 g	20 %
Trans Fat	0 g	
Cholesterol	80 mg	27 %
Sodium	1222.6 mg	51 %
Total Carbohydrate	31.1 g	10 %
Dietary Fiber	5 g	20 %
Sugars	4.5 g	
Protein	44 g	88 %
Vitamin A	1 % • Vitamin C	13 %
Calcium	4 % • Iron	15 %

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