

Crocked Pineapple Chicken

Ingredients:

6 whole chicken breast halves without skin -
- skinned and split

1 dash pepper

Paprika – to taste

20 ounces pineapple chunks in juice

2 tablespoons Dijon mustard

2 tablespoons soy sauce

1 clove garlic – minced

Directions:

Arrange chicken in bottom of crockpot. Sprinkle with pepper and paprika. In a small bowl, combine drained pineapple tidbits, mustard and soy sauce. Pour over chicken. Add minced garlic. Cover and cook on LOW 7-9 hours or HIGH 3-4 hours.

Makes 6 serving @ 3 points, 3 points plus

Per Serving: 194 Calories; 2g Fat; 28g Protein; 16g Carbohydrate; 1g Dietary Fiber; 68mg Cholesterol; 483mg Sodium

