

No Sugar Added Summer Menu

Recipes included for items with asterisk *



Slow Cooker Coconut Turmeric Chicken*

Cucumber and Tomato Salad with Balsamic Vinaigrette

Sweet Potatoes

Blueberries

Slow Cooker Coconut Turmeric Chicken

Recipe Adapted From: ahappyhealthynut.com

Makes 8 Servings

Ingredients

1 whole chicken (preferably free range)
½ cup lite coconut milk (I use Trader Joe's Light Coconut Milk in the can)
2-4 inch knob of fresh turmeric, grated (I use a 4" piece)
2-4 inch knob of fresh ginger, grated (I use a 4" piece)
3-4 cloves of garlic, peeled and minced
4 cups fresh baby spinach, torn into small to medium pieces
Sea salt and pepper
Scallions to garnish

Directions

1. Peel turmeric and ginger with vegetable peeler and grate with a fine grater. Mince garlic.
2. In the bottom of your slow cooker, mix together coconut milk, garlic, ginger and turmeric. (You can use ⅓ cup more coconut milk if you want it creamier.)
3. Season chicken liberally with sea salt and pepper, making sure to season inside the cavity.
4. Place the bird in the slow cooker and spoon some of the mixture over the top of the chicken.
5. Put the lid on and let it cook on HIGH for 4 hours or LOW for 6-8 hours.
6. When the chicken is cooked, remove it from the slow cooker.
7. Pull the meat off the bone and shred it. Reserve the bones for stock if you like. Discard the skin.
8. Add baby spinach to the hot liquid in the slow cooker and toss in the liquid until the spinach wilts (about 1 minute).
9. Add chicken meat back to the slow cooker and stir together with the spinach and liquid. Taste and adjust for seasoning.
10. Serve with a baked sweet potato, cucumber salad and summer berries.

Nutrition Information per Serving: Calories: 217, Protein: 29gm, Carbs: 5gm, Fiber: 1.5gm, Total Fat: 8gm, Saturated Fat: 2.5gm, Trans Fat: 0gm, Cholesterol: 87mg, Sodium: 256 mg