



Thai Peanut Chicken

Ingredients (Makes 4 servings):

8 skinless chicken thighs
Fresh ground black pepper
3/4 cup mild salsa
1/3 cup smooth peanut butter
2 tbsp lime juice
1 tbsp reduced-sodium soy sauce or fish sauce
2 tsp grated fresh ginger
1/4 cup chopped fresh cilantro
lime wedges

Directions:

Season chicken with fresh ground black pepper and place in slow cooker. In a medium bowl, combine remaining ingredients except cilantro. Pour over chicken. Cover and cook on low for eight hours. Using a slotted spoon, remove chicken and place on serving platter. Pour sauce over chicken. Garnish with cilantro and lime wedges.

Per serving:

Calories: 302
Protein: 25g
Carbohydrate: 10g
Fiber: 3g
Fat: 20g
Saturated fat: 4g
Cholesterol: 68mg
Sodium: 643mg