

Slow Cooker Pineapple Glazed Chicken

Recipe by **Six Sisters**

Ingredients

- 6 chicken breast (boneless, skinless)
- 1 Can (20 oz) sliced pineapple (juice reserved)
- 2/3 cup brown sugar
- 1/4 cup lemon juice
- 2 tablespoons soy sauce
- 1/2 teaspoon ground ginger
- 1/2 cup cornstarch (could add less if you want sauce to be thinner)
- 1/2 teaspoon red pepper flakes (optional, more or less depending on heat level you like)

Directions

Spray slow cooker with non-stick cooking spray. Place chicken breasts inside slow cooker and place pineapple rings on top of chicken. In a separate bowl, mix together remaining ingredients and pour over chicken. Cook on low for 5-7 hours or high for 3-4 hours.

Serve over rice and garnish with green onions (optional).

Serves 6