



WELLNESSWORKS

## May 2008 Recipe

### Zesty Ginger-Tomato Chicken

#### Ingredients

- 2-1/2 to 3 pounds skinless chicken drumsticks and/or thighs
- 2 14-1/2-ounce cans diced tomatoes
- 2 tablespoons quick-cooking tapioca
- 1 tablespoon grated fresh ginger
- 1 tablespoon snipped fresh cilantro or parsley
- 4 cloves garlic, minced
- 1/2 teaspoon crushed red pepper
- 1/2 teaspoon salt
- 3 cups hot cooked quinoa or brown rice



#### Directions

1. Place chicken in a 3-1/2- or 4-quart slow cooker. Drain one can of the tomatoes. In a medium bowl, combine drained and undrained tomatoes, the tapioca, ginger, the 1 tablespoon cilantro, the garlic, crushed red pepper, and salt. Pour over chicken in slow cooker.
2. Cover and cook on low-heat setting for 6 to 7 hours or on high-heat setting for 3 to 3-1/2 hours.
3. Skim off fat. Serve in shallow bowls. Serve with hot cooked quinoa. If desired, sprinkle with additional cilantro.

**Serving Size:** One Serving (Recipe makes 6 servings)

**Nutrition Information:** Calories: 302, Total Fat: 6 g, Protein: 28 g

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