**Recipe: Slow Cooker Pineapple Salsa Chicken**

**Prep time:** 15 minutes  
**Cook time:** 4 hours or low for 6 hours  
**Yield:** 8 servings  
**Serving size:** 1 cup

**Ingredients**

* 2 pounds boneless, skinless chicken breasts
* 1 (16-ounce) jar tomato salsa (hot, medium, or mild)
* 1 (20-ounce) can pineapple chunks in 100% juice (reserve juice)
* 3 medium zucchini, large dice

**Instructions**

1. Place the chicken breasts in the bottom of the slow cooker and cover them with the salsa.
2. Cook on high for 4 hours or low for 6 hours, or until easily shredded. Shred the chicken.
3. Add the pineapple with ⅔ cup of the canned juice, and the zucchini to the slow cooker and cook for an additional 30 minutes to 1 hour, or until the zucchini is soft. Serve plain, in a whole wheat tortilla, or with rice or quinoa.