



Slow Cooker Teriyaki Turkey

Prep: 15 minutes

Slow Cook: 6 hours • Serves: 6

- 3 garlic cloves, minced
- 2 medium carrots, thinly sliced
- 4 cups chopped leftover or pre-cooked turkey meat (about 2-inch chunks)
- 1 cup less-sodium chicken broth
- $\frac{3}{4}$ cup teriyaki sauce
- 1 tablespoon grated fresh ginger or $\frac{1}{2}$ teaspoon ground ginger
- $\frac{1}{2}$ teaspoon ground white pepper
- $1\frac{1}{2}$ cups diced fresh or drained canned pineapple
- $1\frac{1}{2}$ cups long-grain white rice
- 4 green onions, thinly sliced (about $\frac{1}{3}$ cup)

1. In 5- to 6-quart slow cooker bowl, combine garlic, carrots, turkey, broth, teriyaki sauce, ginger and white pepper. Cover slow cooker with lid and cook on low 6 to 8 hours or on high 3 to 4 hours, adding pineapple to slow cooker during last 20 minutes of cooking. Makes about 5 cups.

2. Meanwhile, prepare rice as label directs.

3. Serve turkey mixture over rice sprinkled with green onions.

Approximate nutritional values per serving:

378 Calories, 2g Fat (1g Saturated), 91mg Cholesterol, 1552mg Sodium, 52g Carbohydrates, 2g Fiber, 34g Protein