

# Taste of Home

## Slow-Cooked Coconut Chicken



One of my favorite things about this recipe is how incredible it makes my home smell. Everyone who comes by asks, "what are you cooking?" And anyone who tastes it goes home with the recipe.—Ann Smart, North Logan, Utah

6 Servings      Prep: 10 min. Cook: 4 hours

### Ingredients

- 1/2 cup light coconut milk
- 2 tablespoons brown sugar
- 2 tablespoons reduced-sodium soy sauce
- 2 garlic cloves, minced
- 1/8 teaspoon ground cloves
- 6 boneless skinless chicken thighs (about 1-1/2 pounds)
- 6 tablespoons flaked coconut, toasted
- Minced fresh cilantro

### Directions

- In a large bowl, combine the first five ingredients. Place chicken in a 3-qt. slow cooker. Pour coconut milk mixture over top. Cook, covered, on low 4-5 hours or until chicken is tender. Serve with coconut and cilantro. Yield: 6 servings.

**Nutritional Facts:** 1 serving equals 201 calories, 10 g fat (3 g saturated fat), 76 mg cholesterol, 267 mg sodium, 6 g carbohydrate, trace fiber, 21 g protein. **Diabetic Exchanges:** 3 lean meat, 1/2 starch, 1/2 fat.

**Wine:** Medium-Bodied White Wine: Enjoy this recipe with a medium-bodied white wine such as **Riesling** or **Gewürtztraminer**

