

**IMPACT Training's Favorite HEALTHY Recipes:**  
**CROCK POT HAWAIIAN BBQ CHICKEN TACOS WITH PINEAPPLE SLAW**



**INGREDIENTS:**

3 lbs. boneless skinless chicken breast  
1 1/2 cups unsweetened pineapple juice  
1/2 cup honey BBQ sauce  
1/3 cup soy sauce  
1/4 cup rice vinegar or apple cider vinegar  
1/4 cup brown sugar, lightly packed  
2 cloves garlic, minced  
1 teaspoon minced ginger  
1-2 tablespoons sriracha  
12 flour tortillas  
1 cup sharp cheddar cheese, shredded

**FOR THE PINEAPPLE SLAW:**

1/2 small purple cabbage, sliced thin  
1/4 medium green cabbage, sliced thin  
1/4 fresh pineapple, cored and diced  
1/2 small red onion, diced  
2 tablespoons cilantro, chopped  
1/4 cup unsweetened coconut milk  
2 tablespoons fresh lime juice  
1 tablespoon sriracha  
1 teaspoon brown sugar  
1/4 teaspoon salt  
Crushed red pepper, to taste (optional)

**DIRECTIONS:**

1. Spray a crock pot with non-stick cooking spray.
2. Combine the pineapple juice, soy sauce, BBQ sauce, vinegar, garlic, ginger, brown sugar, and sriracha in a large bowl and whisk until well combined.
3. Place the chicken breasts in the slow cooker and cover with the pineapple juice mixture.
4. Cover and cook on low for 7-8 hours.
5. Combine all of the slaw ingredients in a large bowl and toss to combine. Cover and refrigerate until ready to serve.
6. When the chicken is fully cooked, shred with 2 forks in the sauce and toss. Let it absorb the sauce for another 30 minutes and then serve with the slaw on the flour tortillas and with a sprinkle of cheddar cheese!