



Slow Cooker Soy & Bok Choy Chicken

INGREDIENTS

1 onion; sliced
3 garlic cloves; smashed
¼ cup apple cider vinegar
¼ cup soy sauce
2 TBS maple syrup

1 bay leaf
black pepper to taste
8 bone-in chicken thighs (1 ¾ lbs)
1 tsp paprika
1 small head of bok choy; leaves separated

DIRECTIONS

In your slow cooker/crock pot, combine the onions, garlic, vinegar, soy sauce, maple syrup, bay leaf and black pepper (to taste). Place the chicken on top and sprinkle with paprika. Cook, covered until the chicken and onions are tender, on low for 5-6 hours or on high for 3-4 hours. 10 minutes before serving, if cooker is on low, turn to high. Gently fold in the separated bok choy leaves into pot with chicken and cook, covered for 3-5 minutes. Remove all from the slow cooker and serve. Makes 8 servings; 200 calories each.