

## SLOW-COOKER SUPPER

### Honey-Lime Pork with Pineapple Slaw

ACTIVE 30 MIN. • TOTAL 7 HR.  
30 MIN. • SERVES 4

**\$1.77**  
PER SERVING

- ¼ cup low-sodium soy sauce
- 1 Tbsp Worcestershire sauce
- ¼ cup plus 1 Tbsp honey
- 3 Tbsp fresh lime juice
- 1 large clove garlic, finely chopped
- 1½ lbs boneless pork butt or shoulder, trimmed and cut into 1½-in. pieces
- Kosher salt and pepper
- 3 Tbsp plain yogurt
- 1 Tbsp cider vinegar
- 2 scallions, finely chopped
- ¼ small head cabbage, shredded (about 3 cups)
- ¼ pineapple, cored and cut into ½-in. pieces
- ¼ cup fresh cilantro, chopped
- Cooked white rice, for serving

- 1 In a 6-qt. slow cooker, whisk together soy sauce, Worcestershire, ¼ cup honey, and 1 Tbsp lime juice; stir in garlic. Season pork with ¼ tsp salt and ½ tsp pepper. Add to slow cooker and toss to coat. Cook, covered, until pork is tender and easily pulls apart with a fork, 6 to 7 hours on low or 4 to 5 hours on high.
- 2 Fifteen minutes before serving, in a large bowl, whisk together

- yogurt, cider vinegar, remaining 2 Tbsp lime juice and 1 Tbsp honey, and pinch each salt and pepper. Add scallions, cabbage, and pineapple and toss. Fold in cilantro just before serving.
- 3 Transfer pork to a bowl and, using two forks, break into smaller pieces. Serve over rice with pineapple slaw.

PER SERVING 375 CAL, 10.5 G FAT (3.5 G SAT), 35 G PRO, 895 MG SODIUM, 36 G CARB, 2 G FIBER

