

Recipe of the Month – March 2021

Italian Chicken (Slow Cooker/Pressure Cooker)

Serves 8

Serving Size: 1 piece chicken

Cost per Serving: \$1.30

Ingredients:

- 4 boneless, skinless chicken breast halves
- 1 can (14.5 ounces) diced tomatoes, undrained
- 1 can (14 ounces) quartered artichoke hearts, undrained
- 1 teaspoon Italian seasoning
- 1 teaspoon garlic powder

Directions:

1. Spray slow cooker or pressure cooker with nonstick spray.
2. Cut chicken breast halves in half (*to make 8 pieces of chicken*) and place in the bottom of the cooker.
3. Add tomatoes, artichoke hearts, Italian seasoning, and garlic powder to cooker.
4. Cook according to manufacturer's directions:
 - Slow cooker: Cook on low for 4-6 hours
 - Pressure cooker: Use manual setting with pressure set to high. Set cook time to 10 minutes. Allow pressure to naturally release for 10 minutes, then quick release remaining pressure.
5. Top with 1 Tablespoon cheese before serving, if desired.

Tips:

- Adjust the amount of chicken up or down based on your needs.
- Serve with brown rice or whole wheat pasta

Nutrition Facts per Serving: 240 calories, 4.5g total Fat (1g sat. fat), 125mg. Cholesterol, 340mg Sodium, 7g Carbohydrates, 2g Fiber, 2g Sugar, 40g Protein



Optional Ingredient: ½ cup shredded mozzarella or parmesan cheese

*Recipe compliments of Iowa State University Extension and Outreach:
Healthy & Homemade 2021 Nutrition & Fitness Calendar*



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