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

Optional Ingredient: ½ cup shredded mozzarella or parmesan cheese

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

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