

Creamy Lemon Garlic Chicken (Instant Pot or Stovetop)

Creamy Lemon Garlic Chicken (Instant Pot or Stove Top)



Serves 4

Blue – 3 points

Purple – 3 points

Green – 5 points (points according to how much chicken you eat
– 3 points for sauce, plus chicken)

- 1 pound boneless, skinless chicken breast
- 4 cloves garlic, minced
- 1 cup chicken broth
- 1/2 tsp dried oregano
- 1/2 tsp dried basil
- 1/4 tsp red pepper flakes
- 3/4 cup fat free half and half
- 2 oz fresh parmesan cheese, grated
- 2 Tbsp lemon juice

INSTANT POT INSTRUCTIONS

1. In your Instant pot, combine garlic, chicken stock, oregano, basil, red pepper and chicken.
2. Cook on high pressure for 10 minutes. When done, do a

quick pressure release.

3. Using tongs, carefully remove the chicken to a platter to let rest while you prepare the sauce.
4. Select "saute" on Instant Pot, and let simmer, stirring occasionally for 7-10 minutes until the sauce reduces by about 1/3.
5. Add half and half, stir in the parmesan cheese, and add lemon juice. Stir until cheese is melted and sauce is heated through, do not let it boil.
6. Spoon sauce over chicken and serve. I will be serving it over rice.

STOVE TOP INSTRUCTIONS

1. In a skillet sprayed with non stick spray, cook chicken on both sides until cooked through.
2. To the same skillet, add garlic, chicken stock, oregano, basil and red pepper.
3. Bring to a boil and then reduce to a simmer. Simmer until sauce is reduced by about 1/3. Remove chicken.
4. Add in half and half, parmesan cheese and lemon juice. Let simmer, do not boil, until the cheese is melted and the sauce is heated through.
5. Serve sauce over chicken. I plan on serving it over rice.