

# Instant Pot Pesto Chicken

Have you tried out an Instant Pot yet? It is great for bariatric patients to make meat tender, moist and juicy! This is such a simple recipe and there are so many variations!

## Ingredients

- 1 lb boneless, skinless chicken breast
- 1 cup chicken broth
- 1/4 tsp salt
- 1/4 tsp pepper
- 3 tbsp fresh pesto can use jarred pesto



## Instructions

1. Pour chicken broth into bottom of pressure cooker. Season both sides of chicken breast with salt and pepper.
2. Spread pesto over both sides of chicken and add to bottom of the pot. Close the valve to the sealed position. Select high pressure for 4 minutes if using fresh chicken, 10 minutes if using frozen chicken.  
\*For two pounds of chicken select 5 minutes.
3. Allow to naturally release for 10 minutes. Then switch valve to open, being cautious to allow steam out if need. Open the lid and check temperature of chicken has reach 160F.
4. Remove from pot. Slice and serve.

This recipe makes 4 servings. Each serving provides an estimated 24 grams protein, 1 gram carbohydrate and 8 grams fat.

<https://www.foodcoach.me/recipe/instant-pot-pesto-chicken/>