

LUNCH OR DINNER — MAIN DISH

Creamy Tex-Mex Chicken (Pressure Cooker)

Makes 9 servings · about ¾ cup each

SATIETY SCORE 5 / 5	NUTRITION HIGH
Per serving (approx.): Protein 29 g · Fiber 3 g · Calories 210	

Ingredients

- 2 lb boneless, skinless chicken breast
- ½ cup salsa (add ¼ cup water if very thick)
- Juice of 1 lime
- 1–2 Tbsp Southwest Chipotle spice blend
- 4 oz plain Greek yogurt
- 1 cup shredded pepper jack cheese
- 1 can (15 oz) black beans, drained and rinsed

Directions

1. Place the chicken in a single layer in the pot. Add the salsa (and water if needed), lime juice, and spice blend.
2. Seal and cook on high pressure about 20 minutes (internal temp 165°F); use natural release.
3. Remove and shred or dice the chicken.
4. Set to sauté; whisk the yogurt and cheese into the pot until smooth.
5. Stir in the black beans and shredded chicken to combine.

Note: Great for tacos, quesadillas, salads, or over brown rice. Optional toppings: cilantro, salsa, avocado, plain Greek yogurt.

Ingredient tip: When a recipe uses a packaged or processed food, choose a version with five or fewer ingredients on the label.

Rating based on the NuStart Satiety & Nutrient Food Guide. Per-serving values are approximate and vary with brand, variety, and preparation.

GROCERY LIST

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Check off what you need — items are grouped by store section.

PRODUCE

- ☐ Juice of 1 lime

MEAT & POULTRY

- ☐ 2 lb boneless, skinless chicken breast

DAIRY & EGGS

- ☐ 4 oz plain Greek yogurt
- ☐ 1 cup pepper jack cheese

PANTRY & DRY GOODS

- ☐ ½ cup salsa (add ¼ cup water if very thick)
- ☐ 1–2 Tbsp Southwest Chipotle spice blend
- ☐ 1 can (15 oz) black beans