

Print and cut out recipe label, then tape onto freezer bag with clear shipping tape.

Creamy Pesto Pepper Chicken

Date:

Additional Ingredients:

- 1 cup water
- 4 oz Low Fat Cream Cheese
- Choice of rice or noodles

freezermealprep.pro

Slow Cooker:

- Empty the frozen contents of the bag into the slow cooker.
- Add 1 cup of water and cook on low for 3-4 hrs, or to an internal temperature of 165 F.

Pressure Cooker:

- Empty the frozen contents of the bag into a pressure cooker and add 1 cup of water.
- Turn the pressure to high and cook for 20 minutes, quick pressure release.

Additional Instructions:

- Shred Chicken and return to pot.
- Add 4 oz cream cheese to liquid and stir until melted, allow to simmer 10-15 more minutes.
- Serve over rice, noodles, or zucchini noodles topped with roasted pine nuts, parmesan, and fresh basil for Garnish.
- Serve with a side salad, roasted asparagus, or some crusty bread.