

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 thawed contents of the bag into the slow cooker.
- Add 1 cup 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 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 Greek or Low Fat Cream Cheese to liquid and stir until melted. Allow to simmer for 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.