

PRESSURE COOKER HONEY SESAME CHICKEN

Prep Time: 5 minutes

Cook Time: 3 minutes

Additional Time: 17 minutes

Total Time: 25 minutes

INGREDIENTS

- 4 large boneless skinless chicken breasts, diced (about 2 lbs.)
- Freshly ground pepper and salt
- 1 tablespoon vegetable oil
- 1/2 cup diced onion
- 2 cloves garlic, minced
- 1/2 cup reduced sodium soy sauce
- 1/4 cup ketchup
- 2 teaspoons sesame oil
- 1/2 cup honey
- 1/4 teaspoon red pepper flakes
- 2 tablespoons cornstarch
- 3 tablespoons water
- 2 green onions, chopped
- Sesame seeds, toasted

INSTRUCTIONS

1. Season chicken with freshly ground pepper. Preheat pressure cooking pot using the sauté setting. Add oil, onion, garlic, and chicken to the pot and sauté stirring occasionally until onion is softened, about 3 minutes.
2. Add soy sauce, ketchup, and red pepper flakes to the pressure-cooking pot and stir to combine. Pressure cook on high for 3 minutes. When timer beeps, turn pressure cooker off and do a quick pressure release.
3. Add sesame oil and honey to the pot and stir to combine. In a small bowl, dissolve cornstarch in water and add to the pot. Select Sauté and simmer until sauce thickens. Stir in green onions. Add salt to taste.
4. Serve over rice sprinkled with sesame seeds.

NUTRITION INFORMATION:

YIELD: 6 SERVING SIZE: 1

Amount Per Serving: Calories: 322 Total Fat: 9g Saturated Fat: 2g Trans Fat: 0g Unsaturated Fat: 7g Cholesterol: 68mg Sodium: 1418mg Carbohydrates: 34g Fiber: 1g Sugar: 26g Protein: 28g

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GARLIC AND PARMESAN PRESSURE COOKER ASPARAGUS

INGREDIENTS

- 1 bunch of asparagus
- 3 cloves of garlic
- 1 cup of water
- 3 tablespoons butter
- 3 tablespoons parmesan cheese

INSTRUCTIONS

1. Place 1 cup of water and trivet in the bottom of your electric pressure cooker.
2. Place asparagus on a large piece of aluminum foil with whole cloves of garlic and butter. Curve the edges of the aluminum foil so no butter leaks out.
3. Place your pot on high pressure for 8 minutes. I like my asparagus soft, if you like it crispy only do 4 minutes.
4. Do a quick release, sprinkle with parmesan cheese and serve.