

INSTANT POT CHICKEN TETRAZZINI
MACROS: MAKES 5 SERVINGS. MACROS PER
SERVING: 302 CALS 36 P 19 C 9 F 1 FIBER.

INGREDIENTS

- 16 oz chicken breasts
- ¾ cup non fat plain greek yogurt
- 1 can condensed cream of chicken soup
- 1 pkg zucchini lentil pasta from Birds Eye, still frozen
- 1 cup Monterey Jack Cheese
- ½ cup water
- Salt and pepper to taste

METHOD

1. Lightly spray the Instant Pot insert with non stick spray.
2. Add all ingredients except the chicken to the pot and stir to combine. Add the chicken to the mixture and push down into the mixture to submerge the chicken.
3. Add your Instant Pot lid, vent closed, and cook on high pressure for 10 minutes. Allow for a natural release for 5 minutes and carefully manually release the remainder.
4. Double check your chicken internal temp with a meat thermometer. If the chicken isn't quite done yet, switch the instant pot to saute function and saute a few minutes longer until at least 165 degrees is reached.
5. Shred chicken and stir to incorporate.

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FITNESS

T H R I V E

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SHAE'S STRAWBERRY DELIGHT
MACROS: MAKES 3 LARGE SERVINGS.
MACROS PER SERVING: 128 CALS 15 P 6 C 4 F 1 FIBER.

INGREDIENTS

Cheesecake Mix:

- 3 oz ⅓ fat cream cheese
- 2 tbl milk (I used 2%)
- 1 tsp vanilla extract

Topping:

- Nonfat Reddi Whip (about 6 servings/12 tbl)
- ½ cup halved Strawberries

Cake:

- 6 whites of the eggs (must come from actual eggs and separate out from the yolks)
- ½ scoop level-1 Vanilla Ice Cream
- 5 grams cream of tartar
- 4 grams/1 tsp truvia sugar replacement
- 1 tsp vanilla extract

METHOD

1. In a large mixing bowl add the whites of the eggs and beat on high speed with a hand mixer until creamy stiff peaks form out of the whites.
2. Add the vanilla extract. Carefully fold in the protein, cream of tartar and truvia little by little until all incorporated.
3. In another small bowl, using the hand mixer, whip together all ingredients for the cheesecake portion.
4. Lightly spray a bundt pan or cake pan that fits in the instant pot with non-stick spray. Carefully spoon half of the egg white mixture into the pan. Evenly spread the cheesecake mixture over the egg white mixture. Top with remaining egg white mixture. Cover with foil and place in the trivet that came with the instant pot.
5. Add 1 cup water to the instant pot shell and lower the trivet into the pot.
6. Close with an instant pot lid, vent closed and cook on high pressure for 22 minutes. Allow the pot to naturally release for 10 minutes and carefully manually release the rest.
7. Carefully remove the trivet and pan from the pot and flip upside down on a surface to allow it to cool.
8. The 'cake' will be flatter like a pancake yet light and fluffy. Transfer the cake to a large plate, top with whip, strawberries and Walden's Farms Strawberry Syrup (optional).