Pressure Cooker Creamy Tuscan Garlic Chicken (adapted from Heath Runyon)

2 - 2 1/2  lbs chicken
4 tsp olive oil
3/4 cup chicken stock
2 cloves garlic, minced
2 tsp Italian seasoning ( sprinkled on more when in pressure cooker)
1/2 tsp sea salt
3/4 cup plain Greek yogurt (I just used one container)
house seasoning (1 tsp salt, 1/4 tsp garlic powder, 1/4 tsp pepper)
1/2 cup Greek cream cheese
1 cup spinach (I used a whole container of spinach - it wilts - it was great!
8 or so sundried tomatoes in oil, cut into pieces

Slice the chicken in half, so they are thinner. Add the chicken to a mixing bowl and toss with oil, Italian seasoning, sea salt and minced garlic.  Massage the ingredients into the chicken. Select Saute/Browning on your pressure cooker and allow to heat.  When hot, place chicken and marinade in the pot, getting a nice brown texture on both sides.  While the chicken is cooking, wash and dry (if necessary) the spinach.  I always chop off the stems.  Add the house seasoning to the Greek yogurt and mix. After the chicken is brown, add the chicken broth and stir to deglaze the pot and get any of the yummy brown pieces. Lock the lid and cook at high pressure for 3 minutes.  When it beeps, carefully release pressure for a quick release.  Now, select Saute/Browning again, pour in the yogurt mixture and simmer for about five minutes.  Add the cream cheese, sundried tomatoes and spinach.  Toss to combine and heat until the spinach is wilted.  Serve as is or over rice or pasta.

Susan  You Go Girl!  www.ugogrrl.com