

Instant Pot Lemon Garlic Chicken (adapted from Life Made Sweeter)

6-8 boneless chicken thighs (I used 4 boneless chicken breasts)
sea salt and pepper to taste
1/2 tsp garlic powder
Italian Seasoning
2 Tbsp olive oil
3 Tbsp butter, divided
1/2 small onion, chopped
4 garlic cloves, sliced or minced
1 1/2 Tbsp Italian Seasoning (see below for a homemade version)
Juice and zest of 1 to 1 1/2 lemons
1/2 cup homemade or low sodium chicken broth
chopped fresh parsley and lemon slices for garnish

Pat and dry chicken. Season with salt, pepper, garlic powder and sprinkle with Italian Seasoning. Press the Saute button on your pressure cooker. Sear each piece on each side for at least two minutes or until chicken is brown. This helps seal in the juices. You may have to do this in batches, depending on the size of the pieces of chicken. Once browned, removed chicken from Instant Pot and set aside.

Melt butter in pressure cooker and stir in the onions and garlic. Add lemon juice to deglaze the pan. Cook for 1 minute and add Italian Seasoning, lemon zest and chicken broth.

Place the chicken back in the pressure cooker and and lock the lid. Be sure to seal the valve. Set the pressure cooker to cook for 7 minutes. It will take about 5-10 minutes to build the pressure.

When done, allow the pressure cooker to naturally release for 2-3 minutes. Then very carefully, use a wooden spoon to push the valve to release the extra steam and unlock the lid. I added lemon slices at the end - just before serving.

Serve with your favorite sides. Sprinkle with chopped parsley

Homemade Italian Seasoning - I quadruple this and store in a glass jar!

1 tsp garlic powder
1 tsp dried oregano flakes
1 tsp dried basil flakes
1/2 tsp onion powder
1/2 tsp crushed red pepper
3/4 tsp salt
1/2 tsp pepper

