

CREAMY CHIPOTLE CHICKEN

Ingredients

2 tablespoons extra-virgin olive oil divided
1 ½ pounds boneless skinless chicken
breasts, diced
Season with salt and pepper

1/2 cup onion diced
½ cup diced bell peppers
2 teaspoons minced garlic
Cook for 5 minutes

2 chipotle peppers minced
2 tablespoon adobo sauce
1/2 cup low-sodium chicken broth
4 oz. fat free cream cheese
Stir until melted

Add cooked chicken
3 tablespoons plain nonfat Greek yogurt



Instructions

1. Heat 1 tablespoon of olive oil in a large skillet over medium-high heat.
2. Season chicken breasts with the salt and pepper, add to pan and cook, until golden brown.
3. Remove chicken breasts from the skillet.
4. Reduce heat to medium and add remaining tablespoon of olive oil to the pan.
5. Add diced onions and peppers and cook, until softened.
6. Add garlic, chipotle peppers, adobo sauce, chicken broth, and cream cheese and stir until melted.
7. Return the chicken breasts to the skillet, along with any accumulated juices, and turn to coat in the sauce.
8. Cover the pan, reduce the heat to medium-low and cook for 7-9 minutes, until chicken is cooked through. I like to spoon some of the sauce over the chicken breasts halfway through the cooking time.
9. Once the chicken is cooked through, turn off heat and stir in Greek yogurt. Season to taste with salt and pepper.
10. Serve chicken breasts with extra sauce spooned over the top, and enjoy!