MIIA Well Aware
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Instant Pot Chicken Thighs with Lemony Mustard Greens and Olives

Recipe by Bill Bradley, Registered Dietitian and Cookbook Author

Ingredients

1/3 cup extra virgin olive oil

4-5 boneless, skinless chicken thighs

1 bunch mustard greens, washed well and chopped

Juice of 1 lemon

3 cloves garlic, minced

1/2 cup cherry tomatoes, washed

1/2 cup green olives, pitted

1 cup white wine

1 teaspoon dijon mustard

1 teaspoon honey

salt and pepper, to taste

Instructions

1. Wash the mustard greens very well then chop them. Put them in the Instant Pot first.
2. Place the chicken thighs on top of the greens. Season with salt and pepper.
3. Add the minced garlic, olives, cherry tomatoes, dijon, and honey to the top of the chicken and greens.
4. Pour in the wine, lemon, and olive oil, trying to cover as much of the chicken and greens as you can.
5. Put the top on the Instant Pot and turn to lock in. Make sure the vent on top is set to “Sealing”, so the pressure will seal in. If it’s set to “Venting” it will never fully seal the pressure in.
6. Press manual and set the time to 15 minutes.
7. After 15 minutes, the chicken is done. Wearing an oven mitt, turn the valve to “Venting”. This will release all the pressure. Once you don’t hear anymore steam being released, it’s safe to take the lid off.