



# *Spinach Artichoke Chicken*



## *ingredients*

- 4 cups chopped spinach
- 1 can (14 ounce) diced tomatoes with juice
- 1 cup water
- 4 boneless skinless chicken breast halves
- 3 cloves garlic, minced
- 1/4 onion, chopped
- 6 tablespoons non-dairy cream cheese
- 1 cup non-dairy mozzarella cheese
- 1 can (14 ounce) artichoke hearts, drained, rinsed and chopped
- 2 cups chopped zucchini

## *instructions*

Place spinach, can of tomatoes and juice, water, garlic and onion in the bottom of the instant or crock pot. Season chicken breast with salt and pepper and place on top. Place chopped zucchini and artichokes on top of chicken. Cook on pressure cooker setting on instant pot for 25 minutes, low setting on crock pot for 6-8 hours.

