

# Ingredients



1 lb. (450 g) chicken tenderloins  
8 oz. (250 g) cream cheese  
1/3 cup (75 mL) vegetable stock  
1 cup (250 mL) frozen broccoli  
1 small red bell pepper, finely chopped  
1 tbsp (15 mL) All-Purpose Dill Mix, plus  
more for serving  
2 garlic cloves, pressed  
1/2 tsp (2 mL) salt  
Add-Ins  
4 oz. (125 g) sharp cheddar - grated  
1/2 cup (125 mL) low-fat Greek yogurt

## Quick Cooker Chicken & Broccoli Dip

MOM  
fueling  
HUNGRY  
BOYS

### Instructions

- Add the dip ingredients, except the add-ins, to the Quick Cooker. Cook on CUSTOM for 6 minutes.
- Meanwhile, coarsely grate the cheese listed in the add-ins for the dip you're making.
- When the timer is up, manually release the pressure. Remove and shred the chicken, and return to the pot. Stir in the add-ins. Let the dip sit for a few minutes to thicken before serving. Place in a serving bowl and sprinkle with additional rub.
- Cook's Tips:
- Frozen chicken? No problem. The cooking time remains the same, it'll just take longer for the Quick Cooker to come to pressure.
- To keep the dip warm during your gathering, serve in one of our Insulated Serving Bowls. They keep food warm up to 2 hours and look great on any table.

