

BBQ Chicken

- 6 chicken breasts*
- 2 cups of your favorite bbq sauce
- 1 cup diet soda

Put chicken in base of pressure cooker. Add bbq sauce and soda. Seal and microwave on high for 30 minutes. Remove from microwave and allow pressure to release naturally...about 10-15 minutes. Drain off excess liquid and pressure cook an additional 15 min. (2 Weight Watcher points per 1/2 cup serving)

*6 pork loin chops can be used



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