

Chicken

Chicken Paprikash

Servings: 4

Exchanges: One serving = 4 lean meat, 1 vegetable; omits 2 fat.

1 pound skinless boneless chicken breast, cut into 1/2-inch slices

1 medium onion, chopped

1 tablespoon Hungarian sweet paprika

1/2 cup chicken broth

1 tablespoon tomato paste

1 small green pepper, cored, seeded and chopped

1/2 cup low-fat yogurt

freshly ground pepper to taste

Stir-fry the chicken pieces in non-stick skillet on both sides for 1-2 minutes. Remove from pan and set aside.

Heat onion in skillet until browned and then stir in the paprika. Add broth and tomato paste. Bring to boil for 5 minutes.

Add the chicken and green pepper. Cover and cook 10 minutes. Uncover and cook another 5 minutes.

Mix in yogurt and stir (Do not let boil or yogurt will separate). Season with pepper and serve.

Per Serving (excluding unknown items): 151 Calories; 2g Fat (10.4% calories from fat); 28g Protein; 5g Carbohydrate; 1g Dietary Fiber; 66mg Cholesterol; 203mg Sodium. Exchanges: 3 1/2 Lean Meat; 1 Vegetable.