



Low Fat Chicken Paprikash

Ingredients

2 tsp canola oil
1 yellow onion, finely chopped
1 tbsp paprika (Hungarian if you can get it)
1/4 tsp cayenne pepper (optional)
4 boneless, skinless chicken breasts
1/2 cup fat-free, low sodium chicken broth
1 8-ounce can no salt added tomato sauce
1/3 cup reduced fat sour cream

Nutrition Facts (per serving)

Calories	227
Fat (g)	7
Saturated Fat (g)	2
Cholesterol (mg)	90
Sodium (mg)	113
Carbohydrate (g)	7
Fiber (g)	2
Protein (g)	34
Calcium (mg)	-

Preparation

In a large skillet over a medium high heat, saute onion until softened. Sprinkle paprika and cayenne (if using) over onion and stir. Add chicken and cook 5 minutes each side, until no longer pink. Add chicken broth and tomato sauce. Reduce heat, cover and simmer for 20 minutes. Stir in sour cream and cook for two minutes more. Serve over noodles or rice.

Serves 4

