

Low-Point Chicken Hash

Ingredients:

- 5, 4 oz. chicken breast, boneless, skinless
- 1 tsp. salt
- 1 tsp. pepper
- 5 Tbs butter, Land O Lakes Light with Canola (50 cal., 5 grams fat)
- 3 medium potatoes, peeled and largely diced
- 1 cup diced onions
- 1 cup diced fresh asparagus
- 2 Tbs tomato paste
- 3 cloves garlic, diced
- 1 tsp. dry basil leaves
- 2 tsp. fresh thyme
- 1 tsp. paprika
- 2 green onions diced (both white and green parts)
- 1/4 cup fresh parsley, diced
- 1/2 cup low-fat shredded cheddar cheese
- Low-fat sour cream (optional)

Heat oven to 375 degrees. Place chicken breasts in a baking dish, sprinkle with salt and pepper, and bake for 30 minutes. Remove. Let cool and cut chicken in large dice pieces and set aside.

In a large skillet, melt butter. Add next eight ingredients (down to green onions). Cook on medium heat until potatoes are cooked through, stirring frequently. Add chicken, green onions, and parsley. Mix. When chicken is hot, remove to a serving platter and sprinkle on cheddar cheese. Add a dollop of sour cream to each serving, if desired.

Total servings - 8 cups

Serving size - 1 cup

Points per serving - 4

Points plus per serving - 4.6

This delicious recipe can be found on the website *Points In My Life*
(www.pointsinmylife.com)

"Sometimes the smallest step in the right direction ends up being the biggest step of your life. Tip toe if you must, but take the step."

- Anonymous