

Low-Point Paprika Chicken with Seasoned Brussels Sprouts

Ingredients:

- 3 slices of bacon
- 4, 4 oz. boneless chicken breast
- paprika
- salt and pepper
- 12 oz. fresh brussel sprouts, outer leaf removed, halved, and stems trimmed
- 3 Tbs chopped onion
- 1 glove garlic
- 1/2 cup chicken broth
- 2 Tbs butter (I used Land O Lakes light with canola oil)

Fill a large sauce pan with water and bring to a boil. Blanch brussels sprouts in boiling water for 3 to 4 minutes. (Blanch simply means to immerse in the boiling water). Remove brussels sprouts and set aside for the time being. In a large skillet, cook the 3 slices of bacon over medium-high heat until crisp but not burnt. Transfer bacon to plate and set aside until cooled and then crumble bacon on the plate. Season chicken with salt, pepper, and paprika. Place chicken in the same skillet as cooked bacon and cook on each side for 5 minutes or until desired doneness. Remove chicken and turn down heat to medium. Add onions and garlic to skillet and sauté for several minutes (until the onions become translucent.) Turn heat back up to medium-high, add brussels sprouts, and sauté for 5 minutes, stirring and turning occasionally. Add chicken broth, butter, and chicken to the skillet. Cook all together for 5 minutes or until broth reduces by half. Return bacon to skillet and cook all ingredients for 1 minute. The broth will gradually thicken when done cooking. Remove, plate, and devour!

Total servings - 4

Serving size - 1

Points per serving - 5

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

"You will succeed because most people are lazy." - Anonymous

(This inspiring quote made me laugh out loud.

That's why I had to share it. :)