

# Low-Point Cola Chicken

Ingredients:

- 4, 4 oz. boneless, skinless, chicken breasts
- 1 cup ketchup
- 1 can diet Coke
- Pam cooking spray

Spray large skillet with Pam cooking spray. Place chicken in skillet and cook on both sides over medium-high heat for several minutes. Mix ketchup and coke and pour over chicken. Turn chicken occasionally until done. Remove chicken and, if desired, add a little bit of cornstarch to the mixture to thicken. Pour over chicken and serve over a little bit of rice (if desired). Enjoy!

Total servings = 4

Serving size = 1

Points per serving = 4.5

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