

Low-Point Kicken' Creole Chicken

Ingredients:

- 4 or 5 chicken thighs (I used boneless, skinless)
- 1 tsp. Kosher salt (or regular table salt if you don't have Kosher)
- 1/2 tsp. pepper
- 1, 8 oz. tomato sauce
- 1 cup of Coke Zero
- 1 Tbs Tony Chachere's Original Creole Seasoning (or a creole seasoning of your choice. If it's big flaked seasoning, use 2 Tbs.; for finely ground, use 1 Tbs)
- 1 tsp. dried basil
- 1/2 tsp. garlic powder
- 1/2 tsp. onion powder
- 1/2 cup coarsely chopped green bell pepper
- 1/4 cup chopped celery

Place chicken in a crockpot. Sprinkle with salt and pepper. In a bowl, mix tomato sauce, coke, creole seasoning, basil, garlic powder, onion powder, bell pepper, and celery. Pour over chicken, cover, and cook for 4 to 6 hours on low (depending on how fast or hot your crockpot cooks.) After chicken is done, remove 2 cups of the sauce and place into a saucepan. Add 2 Tbs flour and whisk over high heat, until it begins to thicken. Remove chicken from crockpot to a serving dish. Spoon gravy mixture over the top. Serve with rice or noodles. Enjoy! (Pour leftover sauce from crockpot over chicken leftovers and refrigerate.)

Serving size - 3 oz. chicken thigh with sauce

Points per serving - 3.5

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

"The key to success is not through achievement, but through enthusiasm." - Malcolm Forbes