

Low-Point Smoked Chicken Paprika

Ingredients:

- 4, 4 oz. skinless, boneless chicken breasts or chicken breast tenderloins
- 1 Tbs Land O Lakes Light Butter with Canola Oil
- 2 Tbs chopped green onion (white and green parts)
- 2 Tbs smoked paprika
- 1/2 tsp. kosher salt or sea salt
- 1/2 tsp. pepper
- 1/2 cup diced tomatoes
- 1/2 cup chicken broth
- 1 1/2 Tbs flour
- 1/4 cup light sour cream
- fresh parsley or chives to garnish (optional)

In a large skillet melt butter and add onion, over medium-high heat. Sauté about 3 minutes. Add salt, pepper and stir. Add diced tomatoes (undrained), chicken broth, and paprika. Reduce heat and simmer for 20 minutes or until chicken is cooked through. In a small bowl add flour and a little bit more chicken broth or water (to dilute flour). After flour is diluted, pour into chicken mixture, increase heat and cook 2 minutes or until mixture slightly thickens. Stir in sour cream, remove from heat and serve. Garnish with parsley or chives if desired. Enjoy!

Total servings - 4

Serving size - 1

Points per serving - 2.8

***Tip:** I made a delicious rice with this meal called Quinoa. Follow direction on box for making rice and serve with chicken. **Note:** adding 1/2 cup rice to your chicken meal will increase the points per serving from 2.8 to 6.

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

"Prayer is not asking for what you think you want, but asking to be changed in ways you can't imagine." - Kathleen Norris