



Sautéed Chicken Paprika

Serves 4

4 ½ tsp sweet Hungarian paprika
½ tsp hot Hungarian paprika
4 (4-ounce) boneless, skinless chicken breasts, trimmed of all visible fat, pounded to uniform thickness
Salt and pepper to taste
3 Tbsp olive oil
1 Tbsp butter
1 large onion, sliced thin
½ tsp sugar
1 cup dry white wine
½ cup half-and-half
½ cup fat free sour cream

Combine the paprika in bowl; whisk together. Sprinkle half of the mixture over the chicken. Season with salt and pepper.

Heat 2 tbsp oil in non-stick skillet over medium-high heat. Sauté the chicken for 4 minutes per side, or until just cooked through. Remove chicken with slotted spoon, leaving drippings behind.

Reduce heat to medium. Add the remaining oil and butter. Add onion and sprinkle with sugar. Cook, covered, for 5 minutes, stirring occasionally. Whisk in the remaining paprika, wine, half and half and sour cream. Simmer until slightly thickened, stirring frequently.

Return chicken to the pan and heat through, stirring frequently. Serve immediately.

Nutrition Facts

Serving Size: One breast

Calories	350
Total Fat	16g
Saturated Fat	6g
Cholesterol	85mg
Sodium	430mg
Carbohydrates	12g
Dietary Fiber	1g
Protein	29g

Diabetic Exchanges

Protein	4
Fat	3
Carbohydrates	1