



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