

# Chicken Paprika

LOW CALORIE

PREP: 10 MIN; COOK: 12 MIN

4 SERVINGS

*This updated version of Chicken Paprikash allows you to enjoy all the traditional spicy flavor of the dish with less fat and sodium and fewer calories than old-time recipes. For a touch of authenticity, use fiery Hungarian paprika, but use only 1 tablespoon to start and then add more to taste.*

- 2 medium onions, cut lengthwise in half, then cut crosswise into very thin slices
- 2 medium stalks celery, sliced (1 cup)
- 4 cloves garlic, finely chopped
- 2 tablespoons paprika
- 1/4 teaspoon pepper
- 1 1/2 cups cut-up cooked chicken or turkey
- 1/2 cup chicken broth
- 1 cup reduced-fat sour cream
- Hot cooked wide egg noodles, if desired
- Chopped fresh parsley, if desired

Spray 10-inch nonstick skillet with cooking spray; heat over medium heat. Cook onions, celery and garlic in skillet about 5 minutes, stirring frequently, until onions are tender. Stir in paprika and pepper. Cook 1 minute, stirring constantly.

Stir in chicken and broth. Heat to boiling; reduce heat to medium. Stir sour cream into liquid in skillet. Heat over medium heat just until heated through. Serve over noodles. Sprinkle with parsley.

**1 Serving:** Calories 225 (Calories from Fat 80); Fat 9g (Saturated 4g); Cholesterol 65mg; Sodium 250mg; Carbohydrate 17g (Dietary Fiber 2g); Protein 21g

**% Daily Value:** Vitamin A 32%; Vitamin C 6%; Calcium 12%; Iron 10%

**Diet Exchanges:** 1 starch, 2 1/2 lean meat