

Paprika Chicken

Excellent choice for your next gathering!

Ingredients

- 8 each boneless skinless chicken breasts
- 1 pinch salt and pepper
- 4 tbsp fresh lemon juice
- 1 tbsp paprika
- 1 each cooking spray
- 1 tsp minced garlic
- 1 tbsp low sodium soy sauce
- 3/4 cup cooking sherry
- 6 each scallions



Directions

1. Pound the chicken breasts to a 1/2-inch thickness, and season with the salt, pepper, 3 tablespoons of lemon juice, and paprika.
2. Coat a large skillet with nonstick cooking spray. Place over medium heat and cook the chicken breasts on each side until browned, 5 to 7 minutes.
3. Add the garlic, the remaining 1 tablespoon lemon juice, soy sauce and the sherry to the pan, and cook for 5 minutes.
4. Sprinkle the green onions into the pan, and cook 3 to 5 minutes more, or until the chicken is done.

Makes 8 servings

Nutrition Facts:

Calories 164.3
Total Fat 1.6g
Total Carbohydrates 6.5g
Dietary Fiber .8g
Protein 26.8g

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