

Healthy Recipe of the Week



Use organic ingredients whenever possible.

Chicken with Paprika Sauce

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Serve over cooked whole wheat or spelt egg noodles tossed with a little butter.

4 boneless, skinless chicken breast halves (about 6 ounces each), cut crosswise into $\frac{1}{2}$ - inch strips

2 tablespoons sweet paprika

coarse salt and ground pepper

2 tablespoons butter

1 onion, finely chopped

4 plum tomatoes, cut into $\frac{1}{2}$ -inch dice

$\frac{1}{2}$ cup organic sour cream (Look for Horizon brand organic sour cream at Dierbergs. If you don't want to use organic sour cream, you can omit it, but it will change the taste of the finished dish).

1. In a medium bowl, toss chicken with 1 tablespoon paprika, $1\frac{1}{2}$ teaspoons salt, and $\frac{1}{4}$ teaspoon pepper. Heat 1 tablespoon butter in a large skillet over medium-high heat. Add chicken; cook, tossing occasionally, until opaque throughout, 4 to 5 minutes. Transfer to a plate.
2. Heat remaining tablespoon butter in same skillet over medium heat. Add onion; cook, stirring and scraping up browned bits from bottom of pan, until softened, 5 to 6 minutes. Add remaining tablespoon paprika, and cook, stirring, 30 seconds.
3. Add tomatoes and $\frac{3}{4}$ cup water; cook until saucy, 4 to 5 minutes. Return chicken (and any accumulated juices) to skillet. Stir in sour cream, and cook until heated through (do not boil). Season with salt and pepper; serve.