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CAJUN-STYLE CHICKEN BREASTS Recipe

(Servings: 8)

Ingredients:

2 tsps diet margarine
4 boneless, skinless breasts halved
1 large onion, chopped
2 green bell peppers, seeded and chopped
2 cups tomato juice
1/4 tsp cayenne pepper
1/4 tsp dried thyme
1/4 tsp garlic flakes
1/4 tsp ground cloves
1/4 tsp ground allspice

Instructions:

1. Melt margarine in a heavy nonstick skillet. Add chicken and brown quickly on both sides over high heat. Remove to a platter.
2. Add onion and bell peppers. Cook over moderate heat until soft. Add tomato juice and seasonings, return chicken to pan. Simmer until sause is thick.

160 calories per serving.

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