

Southwestern Chicken

INGREDIENTS:

1 8-ounce can tomato sauce
1/2 cup orange juice
1/2 cup finely chopped onion
2 tablespoons raisins
2 tablespoons chopped pimiento
1/2 teaspoon dried oregano, crushed
1/2 teaspoon chili powder
1 clove garlic, minced
12 ounces boned skinless chicken breast halves, cut into 1 -inch pieces
2 teaspoons cornstarch
1 tablespoon water
1/4 cup snipped parsley
3 cups hot cooked rice
Several dashes bottled hot pepper sauce

DIRECTIONS:

In a large skillet combine tomato sauce, orange juice, onion, raisins, pimiento, oregano, chili powder, garlic, and hot pepper sauce. Bring to boiling; reduce heat. Cover and simmer for 5 minutes.

Stir in chicken; return to boiling. Cover and simmer 12 to 15 minutes more or till chicken is tender and no longer pink.

Meanwhile combine cornstarch and water. Stir into skillet. Cook and stir till thickened and bubbly. Cook and stir 2 minutes more.

Toss parsley with rice. Serve chicken mixture over rice.

Makes 6 servings.
Calories: 122 / serving

TIME:

Preparation Time: 7 min.
Cooking Time: 19 min.

NUTRITIONAL INFORMATION PER SERVING:

21g protein
35g carbohydrate
2g fat
49mg cholesterol
277mg sodium
430mg potassium

-Low Fat -Low Cholesterol