



## barbie's chicken paprikash

4 skinless/boneless chicken breasts  
pam cooking spray  
salt & pepper to taste  
1 cup chopped onion  
1 tablespoon paprika  
1/4 cup white wine  
1/4 cup chicken broth  
1/2 cup plain fat-free greek yogurt

- spray skillet w/ cooking spray & brown chicken on all sides. season w/ salt & pepper. remove & set aside.
- spray pan again, add onion to skillet, cook until tender, but not brown. stir in paprika.
- return chicken to skillet, mix to coat w/ paprika-onion mixture. add wine & broth & bring to boil
- reduce heat, cover & simmer for 40 min or until chicken is fully cooked. remove chicken, keep warm.
- boil skillet drippings until reduced to 1/2 cup liquid, about 3 min. stir in 1/2 cup yogurt. heat through.
- put chicken on rice or pasta, pour sauce over all.

