

Hungarian Chicken

Serves: 8

Ingredients

3 Tbsp. corn oil or safflower oil	2 tsp. fresh dill or ½ tsp. dried dill weed
4 chicken breasts, skinned, boned, and cut into 1 ½-inch pieces	½ tsp. pepper
2 cups fresh mushrooms, sliced	5 cups uncooked egg noodles
1 cup onion, chopped	¼ cup cold water
1 cup chicken broth	¼ cup cornstarch
2 Tbsp. paprika	2 cups low-fat plain yogurt

Heat oil in a large skillet over medium heat. Add chicken, mushrooms, and onion, and sauté over medium-high heat until tender. Add broth, paprika, dill, and pepper. Cover reduce heat, and simmer for 10 minutes or until chicken is tender.

Cook noodles according to package directions using unsalted water, then drain.

Blend water and cornstarch in a small bowl, then stir into chicken mixture. Cook for one minute, stirring constantly. Remove from heat. Stir in yogurt.

Serve over noodles.

Per serving: 340 calories, 9 g fat.