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Blackeyed Chicken

Ingredients

- 6 chicken legs, skinless
1/2 cup seasoned flour*
4 Tablespoons chopped onion
1/2 teaspoon garlic powder
1/4 teaspoon black pepper
1/2 teaspoon basil, dried
1 cup chicken broth, low sodium
5 cups cooked blackeyed peas
1 medium tomato, diced
water, as needed
vegetable oil spray

Makes 6 servings

Instructions

- 1. Roll chicken pieces in seasoned flour mixture until well coated.
2. Spray large skillet with vegetable oil spray. Brown chicken on both sides, when browned, remove from skillet, and reserve, keeping warm.
3. In the same skillet cook chopped onion about 5 minutes. Sprinkle lightly with garlic powder, pepper, and basil while cooking.
4. Add blackeyed peas, diced tomato and chicken broth to skillet. Heat to just boiling.
5. Arrange reserved chicken pieces into bean mixture.
6. Add additional water to just below bean level. Cover and simmer 30 minutes or until chicken is thoroughly cooked.

Notes:

- To make *seasoned flour combine 1/2 cup flour, 1/8 teaspoon each of salt, pepper and paprika, in a small bowl. Mix thoroughly.
Use canned or frozen blackeyed peas without sodium.

Last Revised: April 2018

Nutrition Facts

Table with 2 columns: Amount Per Serving and % Daily Value. Includes rows for Total Fat, Cholesterol, Sodium, Total Carbohydrate, Protein, and various vitamins/minerals.

19% calories from fat



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USDA's Food Stamp Program and Expanded Food and Nutrition Education Program funded this material.