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Blackeyed Chicken

Ingredients:

- 6 chicken legs, skinless
- ½ cup seasoned flour*
- 4 Tablespoons chopped onion
- ½ teaspoon garlic powder
- ¼ teaspoon black pepper
- ½ 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 - 19% calories from fat

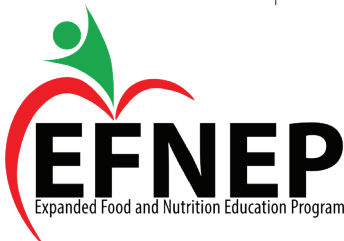
Instructions:

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 ½ 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.

Nutrition Facts	
Serving Size 1 chicken leg & 3/4 cup beans	
Servings Per Container 6	
Amount Per Serving	
Calories 340	Calories from Fat 60
% Daily Value*	
Total Fat 7g	11%
Saturated Fat 1.5g	8%
Trans Fat 0g	
Cholesterol 105mg	35%
Sodium 250mg	10%
Total Carbohydrate 33g	11%
Dietary Fiber 7g	28%
Sugars 3g	
Protein 37g	
Vitamin A 2%	Vitamin C 8%
Calcium 8%	Iron 25%
*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:	
	Calories: 2,000 2,500
Total Fat	Less than 65g 80g
Saturated Fat	Less than 20g 25g
Cholesterol	Less than 300mg 300mg
Sodium	Less than 2,400mg 2,400mg
Total Carbohydrate	300g 375g
Dietary Fiber	25g 30g
Calories per gram:	
Fat 9 • Carbohydrate 4 • Protein 4	



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