

YARDBIRD STEW

SERVINGS: 6 (approx. 6 Ounce servings)

1 Whole Chicken Breast (Chopped) - boned/skinned (or Small Turkey Breast substitution)

2 cans Stewed Tomatoes – no salt added

2 10 oz. packages, frozen Mixed Vegetables – no salt added

1 Large white potato (peeled & diced)

1 small onion (diced)

2 cups Water

Brown chopped chicken breast and onion in frying pan w/Pam or other non-stick, non-fat substance; stirring for 5-10 minutes, until light brown. Add cooked chicken and all other ingredients to a 5-quart pot. Stir in water *gradually*, until desired thickness of broth is achieved. Add *Mrs. Dash's* seasoned salt substitute, and black pepper “season to taste.” Cook on covered, medium heat, for approx. 30-45 minutes until chicken is thoroughly done. Serve alone, or over steamed white rice (optional – additional caloric intake). *Enjoy!*

Serving Size 168g

Calories 150

Calories from fat 10

Total Fat 1g

Trans Fat 0

Cholesterol 23 mg

Sodium 61 mg

Carbohydrate 13g

Dietary Fiber 4g

Sugars 6g

Protein 16g

Vitamin A 79%

Vitamin C 11%

Calcium 4%

Iron 7%