

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 chicken bouillon cube, reduced sodium
 1/2 cup hot water
 5 cups cooked or canned blackeyed peas
 1 medium tomato, diced water, as needed
 vegetable oil spray

Makes 6 servings

*Seasoned Flour:

In small bowl combine 1/2 cup flour, 1/8 teaspoon each of salt, pepper and paprika, mix thoroughly.

Instructions

1. Roll chicken pieces in seasoned flour mixture until well coated.
2. Brown chicken on both sides in large skillet prepared with vegetable oil spray. 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 bullion cube (dissolved in 1/2 cup of hot water) 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.

Nutrition Facts

Serving Size 1 chicken leg w
 3/4 cup beans
 Servings Per Container 6

Amount Per Serving

Calories 360 **Calories from Fat** 50

% Daily Value*

Total Fat 5g **8%**

Saturated Fat 1.5g **8%**

Trans Fat 0g

Cholesterol 105mg **35%**

Sodium 1220mg **51%**

Total Carbohydrate 40g **13%**

Dietary Fiber 7g **28%**

Sugars 2g

Protein 36g

Vitamin A 6% • Vitamin C 10%

Calcium 6% • 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	300 mg
Sodium	Less than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g

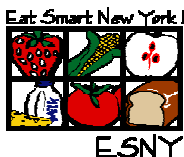
Calories per gram:

Fat 9 • Carbohydrate 4 • Protein 4

13% calories from fat

Source: Cornell Extension Cooperative of Schoharie County.

January 2009



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

