

**PAPRIKA CHICKEN WITH
SOUR CREAM GRAVY**

- 1 2½- to 3-pound broiler-fryer chicken, cut up
- ¼ cup all-purpose flour
- 2 tablespoons cooking oil
- ¾ cup water
- ½ cup chopped onion
- 2 teaspoons paprika
- ½ teaspoon salt
- 1 tablespoon all-purpose flour
- 1 8-ounce carton dairy sour cream
- 1 teaspoon finely shredded lemon peel

Hot cooked spaetzle or rice

- **Rinse chicken;** pat dry. Place the ¼ cup flour in a plastic bag. Add chicken pieces, a few at a time, shaking to coat.
- **In a large skillet cook** chicken in hot oil about 10 minutes or till brown, turning to brown evenly. Drain off fat. Add water, onion, paprika, and salt. Cover; cook 35 to 40 minutes or till no pink remains. Transfer to platter, reserving juices; cover chicken to keep warm.
- **Stir** the 1 tablespoon flour into sour cream. Stir mixture into reserved juices in skillet. Cook and stir till thickened and bubbly. Cook and stir 1 minute more. Stir in lemon peel. Serve over chicken and spaetzle. Makes 6 servings.

Nutrition information per serving:

387 cal., 27 g pro., 28 g carbo., 18 g fat, 82 mg chol., 265 mg sodium, 328 mg potassium, 2 g dietary fiber. U.S. RDA: 15% vit. A, 16% thiamine, 17% riboflavin, 40% niacin, 12% iron.