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Cajun Chicken with Okra

Chunks of dark-meat chicken and okra cook through quickly in a spicy tomato broth. When in season, use fresh okra, adding the chopped pieces along with the tomatoes.

Ingredients

- 2 teaspoons canola oil
- 1 1/2 pounds skinless, boneless chicken thighs, cut into 1 1/2" pieces
- 1 can (14 1/2 ounces) Cajun-style stewed tomatoes, undrained, chopped
- 2 cloves garlic, pushed through a press
- 2/3 cup low-sodium chicken broth
- 1/4 teaspoon salt
- 1/4 teaspoon crushed red-pepper flakes
- 1 package (10 ounces) frozen cut okra, thawed
- 2 tablespoons water
- [1 1/2 tablespoons Atkins Bake Mix](#)
- 1/4 teaspoon hot red pepper sauce (or more, to taste)

Directions

1. Heat oil in a large nonstick skillet over medium-high heat until hot. Add chicken; cook 6 minutes, until browned on all sides. Add tomatoes with their juices, garlic, broth, salt and pepper flakes and heat to boiling. Cover; reduce heat and simmer 10 to 15 minutes, until chicken is cooked through. Add okra; cover and simmer about 5 minutes more, until heated through.
2. Combine water and bake mix in a small bowl and mix well. Whisk into chicken mixture and simmer, uncovered, about 2 minutes, until sauce thickens. Add hot pepper sauce.

[IN BRIEF]

Servings: 4
 Prep time: 20 minutes
 Bake/Cook time: 30 minutes

[NUTRITION PER SERVING]

Carbohydrates: 13.5 grams
Net Carbs: 10 grams
Fiber: 3.5 grams
Protein: 36 grams
Fat: 9.5 grams
Calories: 290

Good for
 Atkins Plus:

You can find this article at:

http://www.atkinscenter.com/food/recipes/all/Cajun_Chicken_with_Okra.html

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