



Garden Fresh Farm Recipes

Red Eye Chicken

Red Eye Chicken is a combination of spicy pan fried chicken and a spicy hot gravy that is great over mashed potatoes.

Ingredients:

2 Boneless Chicken Breasts
2 Tbls Vegetable oil, divided
½ tsp White pepper, divided
½ tsp Black pepper, divided
½ tsp Paprika, divided
Salt to taste
¼ tsp Cayenne (ground -red) pepper, divided
1 can (13 ¾ ounces) reduced-sodium chicken broth
3 Tbls Unsalted tomato sauce
2 Tbls Unbleached flour

Directions:

Trim off and discard visible fat from chicken. In a large non-stick skillet, over medium-high heat, heat 1 tablespoon oil. Add chicken. Sprinkle with 1/4 teaspoon white pepper, 1/4 teaspoon black pepper, 1/4 teaspoon paprika and 1/8 teaspoon Cayenne. Season with salt to taste. brown for 2 to 3 minutes. Turn chicken and sprinkle with remaining seasonings. Continue pan frying until chicken is cooked through. Remove from skillet and keep warm.

To skillet, add remaining oil and flour. Continue to cook and stir for 3 to 4 minutes, until flour is well combined and brown. Gradually add broth and tomato sauce, continuing to cook and stir until sauce is smooth and thickened. Season with salt and Cayenne to taste. Spoon sauce over chicken and serve.

Preparation time: 10 minutes

Serves: 4

(Recipe from a Purdue Fit & Easy Chicken recipe card)

