

Chicken Paprikash-Topped Potatoes

4 baking potatoes -- about 1 1/2 lbs.
12 ounces skinless boneless chicken thighs -- in bite size pieces
2 tablespoons all-purpose flour
2 teaspoons paprika
3/4 teaspoon salt
1/4 teaspoon ground red pepper
1 tablespoon butter
1/2 cup onion -- coarsely chopped
8 ounces mushrooms -- sliced
2 cloves garlic -- minced
1/2 cup fat-free, low-sodium chicken broth
1/4 cup reduced-fat sour cream
2 tablespoons fresh parsley -- chopped

1. Pierce potatoes with a fork; arrange in a circle on paper towels in microwave oven. Microwave at HIGH 16 minutes or until done, rearranging potatoes after 8 minutes. Let stand 5 minutes.
2. Combine chicken, flour, paprika, salt, and pepper in a large zip-top plastic bag; seal and shake to coat.
3. Melt butter in a large nonstick skillet over medium-high heat. Add chicken mixture, onion, mushrooms, and garlic; sauté 5 minutes. Add broth; bring to a boil. Cook 6 minutes or until chicken is done and the sauce thickens, stirring frequently. Remove from heat; stir in sour cream.
4. Split potatoes open with fork; fluff pulp. Divide chicken mixture evenly over potatoes; sprinkle with parsley.