

Flavorful Family Time

Creating a Skillet Dinner that Saves Time and Money

(NAPSA)—Families are starved for time and money these days. We're in such a rush that there's little time to prepare a good meal. And then food prices are at their highest levels since the 1990s. The traditional family is just squeezed.

But you can create a great meal for a family of four for less than \$10—and make it memorable by combining textures and flavors. Cleanup is fast and easy, too.

Chicken thighs are economical and full flavored. But we often pass over them in the grocery store because many recipes call for chicken breasts. The frying oil, which is made from a blend of soybean and peanut oil, adds a robust, nutty flavor.

Serve this dish with rice for a down-home meal that saves time in the kitchen. Total cook time is about 30 minutes.

Chicken with Tomatoes and Okra

Ingredients:

- ½ cup LouAna Southern Frying Oil
- 8 bone-in chicken thighs
- 1 teaspoon salt
- ½ teaspoon freshly ground black pepper
- 1½ cups fresh or frozen (½-inch-thick) sliced okra
- 1 (14.5-ounce) can whole peeled tomatoes, drained and crushed
- ½ teaspoon sugar
- 1 tablespoon white vinegar
- 1 tablespoon flour
- 1 cup reduced-sodium chicken broth



A fast and flavorful chicken dinner can be both easy and economical to prepare.

Preparation and Cooking:

Heat oil in a large skillet over medium-high heat.

Season chicken evenly with 1 teaspoon salt and pepper. Add chicken to pan; sauté 4 minutes on each side or until brown. Remove chicken from pan. Add okra to pan; cook two minutes. Stir in broth, tomatoes and sugar; bring to a boil.

Gently place chicken in tomato mixture. Reduce heat and simmer 20 minutes or until chicken is done, stirring occasionally. Remove about ¼ cup hot broth from pan; stir vinegar and flour into broth mixture. Return broth mixture to pan; bring to a boil. Cook 1 minute or until sauce is slightly thick.

Serves four people.

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