

Diet Coke Chicken (w/options at the bottom)

4 skinless, boneless chicken breasts

1 cup catsup

1 can Diet Coke (other diet sodas work well too!)

Put chicken in a non-stick skillet. Pour catsup and diet soda over the chicken. Turn heat to medium-high and cook chicken for 45 minutes, stirring occasionally.



Cover, reduce heat to simmer and cook another 15-20 minutes. Remove lid, and cook until sauce thickens and sticks to chicken. Sauce will taste like BBQ and the chicken is very tender.

Note: You can make shredded BBQ chicken sandwiches with this. Simply use 2 forks and pull chicken apart about 15 minutes before it's finished cooking. You could also add some black pepper and diced onions right when you start to cook it.

4 servings @ 4 points, 5 points plus

Variations:

Add packet of dry onion soup mix, mushrooms, onions and pepper.

Add orange soda and some ginger and garlic.

Add Diet Dr. Pepper instead of Diet Coke.

Use BBQ sauce instead of catsup.

Use pork chops instead of chicken.

Use Diet Coke with Lime and salsa for a Mexican flavor.