

Cola Chicken - Elaine Snively

4 chicken breast halves

1 cup ketchup

1 can diet cola

Onion slices (opt)

Place chicken breasts in non-stick pan. Place onion slices on top. Pour ketchup and diet cola over both.

Cover. Bring to a boil. Reduce heat. Cook 45 minutes.

Uncover. Turn heat down to simmer and heat until sauce* becomes thick.

* An incredible BBQ sauce.

4 servings=4 WW Pts. each