



Southern-Style Baked Chicken with Black-Eyed Peas and Collard Greens

6 ounces skinless, boneless chicken breast

5 bunches collard greens, cut into strips

2 cloves garlic, minced

¼ cup balsamic vinegar

2 ¾ cups canned black-eyed peas, drained and rinsed

1 tablespoon Lawry's Seasoned Salt

Cooking Oil Spray

¼ cup water

1 teaspoon sugar substitute

Salt and cracked black pepper to taste

1. Preheat the oven to 375 degrees
2. Sprinkle the chicken with seasoned salt. Coat a nonstick skillet with cooking spray and heat the skillet. Sear the chicken on both sides until golden and crisp around the edges. Put the chicken in a baking dish and bake for 10 minutes.
3. Coat a large nonstick skillet with cooking spray and heat the skillet. Add the collard greens and garlic and cook for 4 minutes or until the greens are bright green. Add the vinegar and water. Cook until most of the liquid has evaporated. Add the sugar substitute, salt, and pepper, and set greens aside.
4. Place the black-eyed peas in a bowl and season with salt and pepper. Microwave for 1 minute.

To Serve: Transfer the hot chicken breast to a cutting board and cut into ½-inch slices. Place the collard greens on the plates and arrange the chicken slices on top. Ladle the black-eyed peas over the chicken.

Servings: 2