

20-Minute Chicken Creole

Serves: 4

4 medium chicken breast halves (1 ½ lbs total). Skinned, boned and cut into 1-inch strips*
1 14-oz can tomatoes, cut up**
1 cup low-sodium chili sauce
1 ½ cups chopped green pepper (1 large)
½ cup chopped celery
¼ cup chopped onion
2 cloves garlic, minced
1 tbsp chopped fresh basil or 1 tsp dried basil, crushed
1 tbsp chopped fresh parsley or 1 tsp dried parsley
¼ tsp crushed red pepper
¼ tsp salt
Nonstick cooking spray

1. Spray deep skillet with nonstick cooking spray.
2. Preheat pan over high heat.
3. Cook chicken in hot skillet, stirring for 3 to 5 minutes or until no longer pink.
4. Reduce heat.
5. Add tomatoes and their juice, low-sodium chili sauce, green peppers, celery, onion, garlic, basil, parsley, crushed red pepper and salt.
6. Bring to boiling; reduce heat and simmer covered for 10 minutes.
7. Serve over hot, cooked rice or whole wheat pasta.

* You can substitute 1 lb boneless, skinless, chicken breasts, cut into 1-inch strips, if desired.

** To cut back on sodium, try low-sodium canned tomatoes.

Nutrition Content
Calories per serving: 255
Total fat: 3g
Saturated fat: .8g
Carbohydrates: 16g
Protein: 31g
Cholesterol: 100mg
Sodium: 465mg
Dietary fiber: 1.5g

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