

20-Minute Chicken Creole

Yield: 8 servings

INGREDIENTS

- 1 tablespoon vegetable oil
- 2 whole chicken breasts, skinless, boneless, cut into 1/2 -inch strips
- 1 can (14.5 ounces) diced tomatoes with juice
- 1 large green pepper, chopped
- 2 celery stalks, chopped
- 1 small onion, chopped
- 2 garlic cloves, minced
- 1 teaspoon dried basil
- 1 teaspoon dried parsley
- 1/4 teaspoon cayenne pepper
- 1/4 teaspoon salt

INSTRUCTIONS

1. In a large pan, heat oil over medium-high heat.
2. Add chicken and cook 5 minutes, stirring occasionally.
3. Reduce heat to medium and add remaining ingredients.
4. Bring to a boil then reduce heat to low. Simmer covered for 15 minutes.
5. Serve over hot, cooked rice or whole-wheat pasta.

NOTES

Serving Size: 1 cup

Nutrition Facts per Serving:

Calories 130

Total fat 3g

Saturated fat 0g

Sodium 260mg

Protein 9g

Source: SNAP-Ed Connection