

20-Minute Chicken Creole

Makes 4 Servings

Ingredients

4 medium chicken breasts, cut into 1-inch strips
(1/2 lb. to 1 lb. total); remove skin and debone if necessary
1 14-oz. can tomatoes, cut up*
1 cup low-sodium chili sauce
1-1/2 cups chopped green pepper (1 large green pepper)
1/2 cup chopped celery
1/4 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
1/4 tsp. crushed red pepper
1/4 tsp. salt
Nonstick cooking spray

Directions

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

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

Healthy Cooking Tip: Use poultry with the skin removed.

Nutrition Content Per Serving:

Calories: 255
Total Fat: 3g
Unsaturated Fat: 0.8 g
Carbohydrates: 16 g
Protein: 31 g
Cholesterol: 100 mg
Sodium: 465 mg
Dietary Fiber: 1.5 g



Source: U.S. Department of Health and Human Services, Public Health Service, National Institutes of Health