

Main Courses

20-Minute Chicken Creole

Makes 4 Servings

- 1 14-oz can tomatoes, cut up**
- 1 cup low-sodium chili sauce
- 1 1/2 cups chopped green pepper (1 large)
- 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 spray coating

Nutritional Analysis

calories: 255
total fat: 3 g
saturated fat: 0.8 g
carbohydrates: 16 g
protein: 31 g
cholesterol: 100 mg
sodium: 465 mg
dietary fiber: 1.5 g

Spray deep skillet with nonstick spray coating. Preheat pan over high heat. Cook chicken in hot skillet, stirring for 3 to 5 minutes or until no longer pink.

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 boiling; reduce heat and simmer covered for 10 minutes. Serve over hot, cooked rice or whole wheat pasta.

Healthy Cooking Tip

Use poultry with the skin removed.

*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.