

20-Minute Chicken Creole

Rating: ★★★★★

Cook time: 20 minutes

Makes: 8 servings

Ingredients

- 1 tablespoon** vegetable oil
- 2** chicken breast (whole, skinless, boneless)
- 1 can** diced tomatoes (14 1/2 oz., with juice)
- 1 cup** chili sauce (low sodium)
- 1** green pepper (chopped, large)
- 2** celery stalk (chopped)
- 1** onion (chopped, small)
- 2** garlic clove (minced)
- 1 teaspoon** dried basil
- 1 teaspoon** parsley (dried)
- 1/4 teaspoon** cayenne pepper
- 1/4 teaspoon** salt

Directions

1. Heat pan over medium-high heat (350 degrees in an electric skillet). Add vegetable oil and chicken and cook until no longer pink when cut (3-5 minutes).
2. Reduce heat to medium (300 degrees in electric skillet).
3. Add tomatoes with juice, chili sauce, green pepper, celery, onion, garlic, basil, parsley, cayenne pepper, and salt.
4. Bring to a boil; reduce heat to low and simmer, covered for 10-15 minutes.
5. Serve over hot, cooked rice or whole wheat pasta.
6. Refrigerate leftovers within 2-3 hours.

Oregon State University Cooperative Extension Service, Healthy Recipes.

Nutrition Information

Key Nutrients	Amount	% Daily Value*
Total Calories	130	
Total Fat	3 g	5%
Protein	9 g	
Carbohydrates	19 g	6%
Dietary Fiber	2 g	8%
Saturated Fat	0 g	0%
Sodium	230 mg	10%