



20 Minute Chicken Creole

Serving Size: 1 cup

Yield: 8 Servings

Ingredients:

1 tablespoon vegetable oil
2 boneless, skinless chicken breasts
(1 – 1 1/2 pounds)
1 can diced tomatoes with juice (14.5 oz.)
1 cup chili sauce
1 large green pepper, chopped
2 ribs celery, chopped
2 cloves garlic, minced

1 teaspoon dried basil
1 teaspoon dried parsley
1/4 teaspoon cayenne pepper
1/4 teaspoon salt
cooked brown rice or whole wheat pasta
1 small onion, chopped



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 (5-7 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 pasta.

Nutrition Facts: Calories, 140; Calories from fat, 25; Total fat, 2.5g; Saturated fat, 0g; Trans fat 0g; Cholesterol, 35mg; Sodium, 270mg; Total Carbohydrate, 15g; Fiber, 1g; Protein, 15g; Vitamin A, 6%; Vitamin C, 50%; Calcium, 6%; Iron, 6%.

Source: Oregon State University Extension Service, www.foodhero.org



Cornell University
Cooperative Extension
Fulton and Montgomery Counties

Cornell Cooperative Extension in Fulton & Montgomery Counties provides equal program and employment opportunities.