

20-minute Chicken Creole

Serving Size: 1 cup

Yield: 8 servings

Ingredients:

- 1 tablespoon vegetable oil
- 2 whole chicken breasts, skinless, boneless, cut into ½-inch strips
- 1 can (14.5 ounce) diced tomatoes with juice
- 1 cup chili sauce, low sodium
- 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
- ¼ teaspoon cayenne pepper
- ¼ teaspoon salt

Preparation:

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.

Source: SNAP-Ed Connection

Food Group Amounts:		
Color	Food Group	Amount
	Grains	--
	Vegetables	½ c
	Fruits	--
	Dairy	--
	Protein	1½ oz

Nutrient Totals	
<u>Per Serving:</u>	
Calories	130
Total Fat	3 g
Saturated Fat	0 g
Sodium	260 mg
Protein	9 g