20-Minute Chicken Creole

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 ribs (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.

Yields about 8 servings

Source: Oregon State University Cooperative Extension Service, “Healthy Recipes”

Recipe analyzed using The Food Processor® Nutrition Analysis Software from ESHA Research, Salem, Oregon.

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