



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”

Nutrition Facts			
Serving Size: 1 cup (170g)			
Servings Per Recipe: 8			
Amount Per Serving			
Calories	130	Calories from Fat	25
% Daily Value *			
Total Fat	3g		5%
Saturated Fat	0g		0%
Trans Fat	0g		
Cholesterol	20mg		7%
Sodium	230mg		10%
Total Carbohydrate	19g		6%
Dietary Fiber	2g		8%
Sugars	7g		
Protein	9g		
Vitamin A	10%	Vitamin C	45%
Calcium	4%	Iron	6%
* Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.			
	Calories:	2000	2,500
Total Fat	Less than	65g	80g
Saturated Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g
21% calories from fat			



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

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