



20-Minute Chicken Creole

Ingredients:

- 1 tablespoon vegetable oil
- 2 chicken breast, whole, skinless, boneless
- 1 can diced tomatoes, 14.5 oz., with juice
- 1 cup chili sauce, low sodium
- 1 large green pepper, chopped
- 2 celery ribs, chopped
- 1 small onion, chopped
- 2 garlic clove, minced
- 1 teaspoon dried basil
- 1 teaspoon parsley, dried
- ¼ teaspoon cayenne pepper
- ¼ teaspoon salt

Directions:

1. Heat pan over medium-high heat or 350 degrees in an electric skillet. Add vegetable oil and chicken and cook until no longer pink when cut (about 3-5 minutes).
2. Reduce heat to medium or 300 degrees in an 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 (1 cup each)

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

Nutrition Facts

servings per container
Serving size 1 cup (163g)

Amount per serving
Calories 100

	% Daily Value*
Total Fat 2.5g	3%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 20mg	7%
Sodium 610mg	27%
Total Carbohydrate 11g	4%
Dietary Fiber 1g	4%
Total Sugars 6g	
Includes 2g Added Sugars	4%

Protein 8g	
Vitamin D 0mcg	0%
Calcium 32mg	2%
Iron 1mg	6%
Potassium 396mg	8%

*The % Daily Value tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.



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

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