



## 20-Minute Chicken Creole

*This quick Southern dish contains no added fat and very little added salt in its spicy tomato sauce.*

### Ingredients:

- As needed nonstick cooking spray
- 4 medium chicken breast halves (1lb), skinned, boned, and cut into 1-inch strips
- 1 can (14 oz) tomatoes, cut up
- 1 cup low-sodium chili sauce
- 1-1/2 cup green peppers, chopped (1 large)
- 1/2 cup celery, chopped
- 1/4 cup onion, chopped
- 2 cloves minced garlic
- 1 Tbsp fresh basil or 1 tsp dried
- 1 Tbsp fresh parsley or 1 tsp dried
- 1/4 tsp crushed red pepper
- 1/4 tsp salt

### Directions:

- Spray a deep skillet with nonstick spray coating. Preheat pan over high heat.
- Cook chicken in hot skillet, stirring, for 3-5 minutes, or until no longer pink. Reduce heat.
- Add tomatoes and their juice, low-sodium chili sauce, green pepper, celery, onion, garlic, basil, parsley, crushed red pepper, and salt. Bring to boiling; reduce heat and simmer, covered, for 10 minutes.
- Serve over hot cooked rice or whole wheat pasta.

### Nutritional Information:

Yield: 4 servings--Serving Size: 1-1/2 cup

**Each serving provides:** Calories: 255/ Total fat: 3 g/Saturated fat: less than 1 g /Cholesterol: 100 mg /Sodium: 465 mg

For recipes at your finger tips, log on today [www.steptogethernola.org](http://www.steptogethernola.org)