

20-Minute Chicken Creole

This Southern dish is quick to make, and contains no added fat and very little added salt in its spicy tomato sauce.

- 1 tbsp. vegetable oil
- 2 chicken breasts (whole, skinless, boneless)
- 1 14.5 oz. can diced tomatoes
- 1 cup low sodium chili sauce
- 1 large green pepper (chopped)
- 2 celery stalks (chopped)
- 1 small onion (chopped)
- 2 garlic cloves (minced)
- 1 tsp. dried basil
- 1 tsp. dried parsley
- ¼ tsp. cayenne pepper
- ¼ tsp. salt

Heat pan over medium-high heat. Add vegetable oil and chicken and cook three to five minutes until no longer pink when cut. Reduce heat to medium. Add tomatoes with juice, chili sauce, green pepper, celery, onion, garlic, basil, parsley, cayenne pepper and salt. Bring to a boil, then reduce heat to low and cover the pan. Let simmer for 10 to 15 minutes. Serve over cooked rice or whole grain pasta.

Yield: 8 servings. Each serving provides 130 calories, 3g of fat, 20mg of cholesterol, 230mg of sodium and 2g of fiber.

Source: Oregon State University Cooperative Extension Service