

Chicken Creole

January 2024 Recipe

Makes: 8 servings



Ingredients

- 1 Tbsp. vegetable oil
- 2 skinless and boneless chicken breasts
- 14 ½ oz. diced tomatoes
- 1 cup chili sauce
- 1 large green pepper (chopped)
- 2 celery stalks (chopped)
- 1 onion (chopped)
- 2 garlic cloves (minced)
- 1 tsp. dried basil
- 1 tsp. dried parsley
- ¼ tsp. cayenne pepper
- ¼ tsp. salt

Nutritional information for 1 serving

Calories	77
Total fat	3 g
Saturated fat	0 g
Cholesterol	21 mg
Sodium	255 mg
Carbohydrate	6 g
Dietary fiber	2 g
Total sugars	3 g
Added sugars included	0 g
Protein	8 g

Directions

1. Heat pan over medium-high heat (350 F in an electric skillet). Add vegetable oil and chicken and cook until the chicken reaches an internal temperature of 165 F (3-5 minutes).
2. Reduce heat to medium (300 F 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 hours.