

Chicken Creole



**GREATER
CHICAGO**
- FOOD -
DEPOSITORY.

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Serves: 8

Prep: 10 minutes | **Cook:** 20 minutes

INGREDIENTS

- 1 tablespoon vegetable oil
- 1 pound chicken breasts, skinless, boneless
- 1 can (14.5 oz) diced tomatoes, low-sodium
- 1 cup chili sauce
- 1 large green pepper, chopped
- 2 celery stalks, chopped
- 1 onion, chopped
- 2 garlic cloves, minced
- 1 teaspoon dried basil
- 1 teaspoon dried parsley
- 1/4 teaspoon cayenne pepper
- 1/4 teaspoon salt

DIRECTIONS

1. Heat pan over medium-high heat. Add vegetable oil and chicken and cook until the chicken reaches an internal temperature of 165F (3-5 minutes).
2. Reduce heat to medium. Add tomatoes with juice, chili sauce, green pepper, celery, onion, garlic, basil, parsley, cayenne pepper, and salt.
3. Bring to boil; reduce heat to low and simmer, covered for 10-15 minutes.
4. Serve over hot, cooked rice or whole wheat pasta.



Nutrition Information

Serving Size: 1 cup (170g)

Calories	112
Total fat	4 g
Saturated Fat	1 g
Trans fat	
Cholesterol	35 mg
Sodium	126 mg
Carbohydrates	6 g
Fiber	2 g
Sugars	3 g
Protein	14 g

Recipe adapted from: USDA
MyPlate