

20-Minute Chicken Creole

This recipe is a good source of vitamin C, which keeps gums and blood vessels healthy.

Ingredients:

- 1 tablespoon **vegetable oil**
- 2 whole skinless, boneless **chicken breasts** (1 - 1 1/2 pounds)
- 1 can (14 1/2-ounce) **diced tomatoes**, with juice
- 1 jar (12-ounce) **chili sauce** (about 1 cup)
- 1 large **green pepper**, chopped
- 2 ribs **celery**, chopped
- 1 small **onion**, chopped
- 2 cloves **garlic**, 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 (350 degrees in an electric skillet). Add vegetable oil and chicken and cook until no longer pink when cut (3-5 minutes).
2. Reduce heat to medium (300 degrees 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 2-3 hours.

Tips:

No chili sauce? Make your own using these ingredients:

- 1 can (8-ounce) **tomato sauce**
- 1 tablespoon **vinegar**
- 1 teaspoon **brown sugar**
- 1 teaspoon **chili powder**

Nutrition Facts	
Serving Size 1 cup (193g)	
Servings Per Container 8	
Amount Per Serving	
Calories 140	Calories from Fat 25
% Daily Value*	
Total Fat 2.5g	4%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 35mg	12%
Sodium 270mg	11%
Total Carbohydrate 15g	5%
Dietary Fiber 1g	4%
Sugars 6g	
Protein 15g	
Vitamin A 6%	• Vitamin C 50%
Calcium 6%	• Iron 6%
*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:	
	Calories 2,000 2,500
Total Fat	Less Than 65g 80g
Saturated Fat	Less Than 20g 25g
Cholesterol	Less Than 300mg 300 mg
Sodium	Less Than 2,400mg 2,400mg
Total Carbohydrate	300g 375g
Dietary Fiber	25g 30g
Calories per gram:	
	Fat 9 • Carbohydrate 4 • Protein 4

8 servings, 1 cup each

Source: Down Home Healthy Cookin', National Cancer Institute. For more recipes and other resources on eating well for less, visit the OSU web site at <http://healthyrecipes.oregonstate.edu>