20-Minute Chicken Creole

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

Instructions
1. Spray a deep skillet with nonstick spray coating. Preheat pan over high heat.
2. Cook chicken in hot skillet, stirring, for 3–5 minutes, or until no longer pink. Reduce heat.
3. 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.
4. Serve over hot cooked rice or whole wheat pasta.

Tip
Eating green peppers adds fiber, vitamins C and E, and antioxidants to your diet. A diet rich in vegetables reduces your risk of certain chronic illnesses.

Ingredients
- As needed: nonstick cooking spray
- 4 medium chicken breast halves, skinned, boned, and cut into 1-inch strips*
- 1 can (14 oz) tomatoes, cut up**
- 1 C low-sodium chili sauce
- 1⅛ C green peppers, chopped (1 large)
- ⅛ C celery, chopped
- ¼ C onion, chopped
- 2 cloves minced garlic
- 1 Tbsp fresh basil or 1 tsp dried
- 1 Tbsp fresh parsley or 1 tsp dried
- ¼ tsp crushed red pepper
- ¼ tsp salt

Yield: 4 servings
Serving Size: 1½ cups
Calories ................................... 255
Total fat .................................... 3 g
Saturated fat ...................................... <1 g
Cholesterol.................................. 100 mg
Sodium ........................................ 465 mg