

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

## 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
- ❖ 1½ C green peppers, chopped (1 large)
- ❖ ½ 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

## 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.

\* You can substitute 1 lb boneless skinless chicken breast, cut into 1-inch strips

\*\* To cut back on sodium, try low sodium canned tomatoes

### 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.



To help organizations help people shop for, prepare, and serve healthy meals, the National Heart, Lung, and Blood Institute (NHLBI) has created these Keep the Beat Recipes Tools and Resources. Additional information about the recipe may be accessed by visiting <http://www.nhlbi.nih.gov>.

