

## DOWN HOME

# 20-MINUTE CHICKEN CREOLE

Spray deep skillet with non-stick spray coating. Preheat pan over high heat. Cook chicken in hot skillet, stirring for 3 to 5 minutes or until no longer pink.

Reduce heat. 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. Serve over hot, cooked rice or whole wheat pasta.



## INGREDIENTS

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|------------------------------------------------------------------------------------------|---------------------------------------------------------------------|
| 4 medium chicken breast halves (1½ lbs total) skinned, boned, and cut into 1-inch strips | 2 cloves garlic, minced                                             |
| 1, 14-ounce can tomatoes, cut up                                                         | 1 tablespoon chopped fresh basil or 1 teaspoon dried basil, crushed |
| 1 cup low-sodium chili sauce                                                             | 1 tablespoon chopped fresh parsley or 1 teaspoon dried parsley      |
| 1½ cups chopped green pepper (1 large)                                                   | ¼ teaspoon crushed red pepper                                       |
| ½ cup chopped celery                                                                     | ¼ teaspoon salt                                                     |
| ¼ cup chopped onion                                                                      | non-stick cooking spray                                             |