

# DOWN HOME HEALTHY, COOKiN'

RECIPES AND HEALTHY COOKING TIPS

National Institutes of Health

National Cancer Institute





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U.S. DEPARTMENT OF  
HEALTH AND HUMAN SERVICES  
Public Health Service  
National Institutes of Health

# 20-Minute Chicken Creole

- 4 medium chicken breast halves (1 1/2 lbs total), skinned, boned, and cut into 1-inch strips\*
- 1 14-oz can tomatoes, cut up\*\*
- 1 cup low-sodium chili sauce
- 1 1/2 cups chopped green pepper (1 large)
- 1/2 cup chopped celery
- 1/4 cup chopped onion
- 2 cloves garlic, minced
- 1 tbsp chopped fresh basil or 1 tsp dried basil, crushed
- 1 tbsp chopped fresh parsley or 1 tsp dried parsley
- 1/4 tsp crushed red pepper
- 1/4 tsp salt
- Nonstick spray coating

*Nutrition Content  
Per Serving:  
calories: 255  
total fat: 3 g  
saturated fat: 0.8 g  
carbohydrates: 16 g  
protein: 31 g  
cholesterol: 100 mg  
sodium: 465 mg  
dietary fiber: 1.5 g*

- 1 Spray deep skillet with nonstick spray coating. Preheat pan over high heat. Cook chicken in hot skillet, stirring for 3 to 5 minutes or until no longer pink.
- 2 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.

*Makes 4 servings.*

*\*You can substitute 1 lb boneless, skinless, chicken breasts, cut into 1-inch strips, if desired.*

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

**HEALTHY COOKING TIP**  
Use poultry with the skin removed.

