

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

4 medium chicken breast halves (1½ lbs total) skinned, boned, and cut into 1-inch strips

1, 14-ounce can tomatoes, cut up

1 cup low-sodium chili sauce

1½ cups chopped green pepper (1 large)

½ cup chopped celery

¼ cup chopped onion

2 cloves garlic, minced

1 tablespoon chopped fresh basil or 1 teaspoon dried basil, crushed

1 tablespoon chopped fresh parsley or 1 teaspoon dried parsley

¼ teaspoon crushed red pepper

¼ teaspoon salt

non-stick cooking spray