



## 20-Minute Chicken Creole

**Cook time:** 20 minutes

**Makes:** 8 servings

This Creole-inspired dish uses chili sauce and cayenne pepper to spice it up.

### Ingredients

- 1 **tablespoon** vegetable oil
- 2 chicken breast (whole, skinless, boneless)
- 1 **can** diced tomatoes (14 1/2 oz., with juice)
- 1 **cup** chili sauce (low sodium)
- 1 green pepper (chopped, large)
- 2 celery stalk (chopped)
- 1 onion (chopped, small)
- 2 garlic clove (minced)
- 1 **teaspoon** dried basil
- 1 **teaspoon** parsley (dried)

### Nutrition Information

Nutrients	Amount
<b>Calories</b>	<b>130</b>
<b>Total Fat</b>	<b>3 g</b>
Saturated Fat	0 g
Cholesterol	N/A
<b>Sodium</b>	<b>230 mg</b>
<b>Total Carbohydrate</b>	<b>19 g</b>
Dietary Fiber	2 g
Total Sugars	7 g
Added Sugars included	N/A
<b>Protein</b>	<b>9 g</b>
Vitamin D	N/A
Calcium	N/A
Iron	N/A
Potassium	N/A
N/A - data is not available	

**1/4 teaspoon** cayenne pepper

**1/4 teaspoon** salt

## Directions

1. Heat pan over medium-high heat (350 degrees in an electric skillet). Add vegetable oil and chicken and cook until the chicken reaches an internal temperature of 165°F (3-5 minutes).
2. Reduce heat to medium (300 degrees in electric skillet).
3. Add tomatoes with juice, chili sauce, green pepper, celery, onion, garlic, basil, parsley, cayenne pepper, and salt.
4. Bring to a boil; reduce heat to low and simmer, covered for 10-15 minutes.
5. Serve over hot, cooked rice or whole wheat pasta.
6. Refrigerate leftovers within 2-3 hours.

## Notes

Learn more about:

- [Tomatoes](#)
- [Bell Peppers](#)
- [Onions](#)
- [Garlic](#)
- [Celery](#)

**Source:** Oregon State University Cooperative Extension Service, Healthy Recipes.