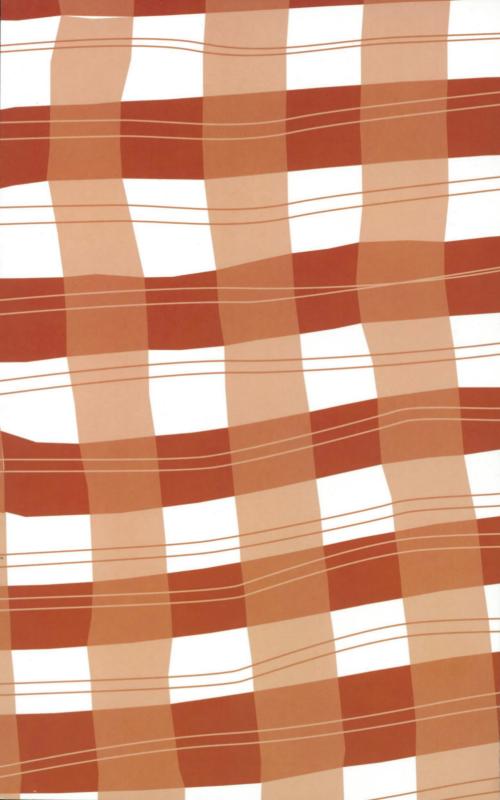


RECIPES AND HEALTHY COOKING TIPS

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 thsp chopped fresh basil or 1 tsp dried basil, crushed

1 thsp 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.

