



# 20-Minute Chicken Creole



1 Tablespoon vegetable oil  
2 skinless boneless chicken breasts  
1 can (14.5 oz.) diced tomatoes with juice  
1 cup chili sauce  
1 green pepper, chopped  
2 celery stalks, chopped

1 onion, chopped  
2 garlic cloves, minced  
1 teaspoon dried basil  
1 teaspoon dried parsley  
1/4 teaspoon cayenne pepper  
1/4 teaspoon salt

**Instructions:** Heat pan over medium-high heat. Add vegetable oil and chicken and cook until the chicken reaches an internal temperature of 165°F (3-5 minutes). Reduce heat to medium. Add tomatoes with juice, chili sauce, green pepper, celery, onion, garlic, basil, parsley, cayenne pepper, and salt. Bring to a boil; reduce heat to low and simmer, covered for 10-15 minutes. May serve over rice or whole wheat pasta. Refrigerate leftovers within 2 hours.

*Yield: 8 servings*

**Nutrition Facts (per serving):** 70 calories, 2.5 grams fat, 105 milligrams sodium, 6 grams carbohydrate, 2 grams fiber, 7 grams protein