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# Chicken Creole

1 lb. boneless, skinless, chicken breast, cut into 1-inch strips	1 Tbsp. fresh basil (1 tsp. dried)
1-14 oz. can no-salt-added diced tomatoes	1 Tbsp. fresh parsley (1 tsp. dried)
1-10 oz. can no-salt-added tomato sauce	2 tsp. minced garlic
1 ½ cup chopped green onion, washed, seeded, and deveined	1 tsp. chili powder
1 cup chopped onion	1 tsp. Worcestershire sauce
1 cup chopped celery	1 tsp. sugar
	½ tsp. crushed red peppers

## Directions

1. Wash hands with soap and water.
2. Spray a deep skillet with non-stick cooking spray. Do not wash chicken before cooking. Cook chicken in hot skillet, stirring, for 3 to 4 minutes, or until no longer pink and some browning.
3. Add tomatoes and their juice, tomato sauce, green pepper, celery, onion, chili powder, garlic, basil, parsley and red pepper.
4. Bring to a boil; add Worcestershire sauce and sugar. Reduce heat and simmer, covered, for 10 minutes. Cook until internal temperature of chicken reaches 165°F on food thermometer. Taste and adjust seasoning if needed. May serve over rice. **Yield:** 4 Servings

*Recipes comes from University of Illinois Meals for a Healthy Heart Series*

**Nutrition Facts** (per serving): 210 calories, 2.5 grams fat, 130 milligrams sodium, 18 grams carbohydrate, 4 grams fiber, 29 grams protein

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