

BEYOND HUNGER

CHICKEN CREOLE

This Creole-inspired dish uses chili sauce and cayenne pepper to spice it up. Tomatoes, green pepper, celery, onions, garlic, & spices also surround the chicken, providing it with an enticing color. Enjoy this delicious, high-protein meal for dinner!

Yield: 8 servings

Ingredients

- 1 tablespoon **olive oil**
- 4 **chicken breasts** (whole, skinless, boneless)
- 1 (15 ounce) can no-salt-added **diced tomatoes** with juices
- 1 cup **chili sauce** (Huy Fong Sriracha Hot Chili Sauce preferred)
- 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** (optional)
- Salt to taste

Instructions

1. Heat a pan over medium-high heat. Add olive oil and chicken and cook for 5 minutes.
2. Reduce heat to medium. Add tomatoes with juice, chili sauce, green pepper, celery, onion, garlic, basil, parsley, and cayenne pepper (optional).
3. Bring to a boil; reduce heat to low and simmer, cover for 10-15 minutes. Taste and adjust for salt.
4. Serve over cooked rice.

Per Serving: Calories 195, Carbohydrates 3.6 g, Protein 31.3 g, Saturated Fat 1 g, Sodium 528 mg, Fiber 1.3 g, Sugars 2 g

This recipe is featured in the July 2021 issue of Beyond the Kitchen and was adapted from USDA MyPlate.

