

## Quick Chicken Creole



### Ingredients:

- 1/1/2 teaspoons canola oil
- 4 medium boneless, skinless chicken breast halves, cut into strips
- 2 cups chopped fresh tomatoes
- 1 6-oz. can tomato paste
- 1 cup no salt added chicken broth\*
- 1-1/2 cups chopped green bell pepper
- 1/2 cup chopped celery
- 1/2 cup chopped onion
- 2 cloves garlic, minced
- 1/4 tsp. oregano
- 1 Tbsp. basil
- 1 Tbsp. parsley
- 1/4 tsp. red pepper
- 2-2/3 cups cooked brown rice

### Directions:

1. Heat the oil in a large skillet and sauté the chicken about 5 minutes on each side.
2. Add the remaining ingredients except tomatoes and simmer for 15 minutes.
3. Add tomatoes and simmer 5 additional minutes. Serve over 1/3 cup brown rice.

*\*Check ingredient lists for preservatives, make sure it is preservative-free (Remember: A good rule is if you cannot pronounce the word, do not put it in your body!)*

**Serves: 8 Serving Size: 1 1/3 cups (includes rice)**

Calories 197; Total Fat 2.7 g; Saturated Fat 0.2 g; Cholesterol 36 mg; Sodium 200 mg; Carbohydrate 26 g; Dietary Fiber 3.6 g; Protein 18.7 g