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## **20-Minute Chicken Creole**

- 12 Oz boneless, skinless chicken breast, cut into thin strips
- 1 Cup canned whole peeled tomatoes, chopped
- 1 Cup chili sauce (look for lowest sodium version)
- 1 1/2 Cup green bell pepper, rinsed and chopped
- 1 1/2 Cup celery, rinsed and chopped
- 1/4 Cup onion, chopped
- 1 Tbsp garlic, minced (about 2–3 cloves)
- 1 Tbsp fresh basil, rinsed, dried, and chopped (or 1 tsp dried)
- 1 Tbsp fresh parsley, rinsed, dried, and chopped (or 1 tsp dried)
- 1/4 Tsp crushed red pepper
- 1/4 Tsp salt
- Cooking spray

- 1) Spray sauté pan with cooking spray. Preheat over high heat.
- 2) Cook chicken in hot sauté pan, stirring for 3–5 minutes. Reduce heat.
- 3) Add tomatoes with juice, chili sauce, green pepper, celery, onion, garlic, basil, parsley, crushed red pepper, and salt. Bring to a boil over high heat, and then reduce heat to simmer.
- 4) Simmer, covered, for 10 minutes.

Makes 4 Servings