

Chicken Creole

1 large green pepper
1 stalk celery
1 small onion
2 cloves garlic
1½ pounds chicken breasts
Nonstick cooking spray
1 (14.5 ounces) can no added salt diced tomatoes
½ cup Mexican hot style tomato sauce
1 teaspoon dried basil
1 teaspoon dried parsley
¼ teaspoon crushed red pepper

Makes 4 portions, 1 cup each

Per portion

Calories:	240
Carbohydrate:	12 grams
Protein:	41 grams
Fat:	2 grams
Saturated fat:	1 gram
Cholesterol:	99 milligrams
Sodium:	289 milligrams
Dietary fiber:	2 grams

-
1. Wash and chop green pepper, celery, and onion. Mince garlic.
 2. De-bone and skin the chicken if not using boneless, skinless chicken. Cut chicken into 1 inch strips.
 3. Coat large skillet with cooking spray. Preheat pan over high heat. Cook chicken in hot skillet, stirring for 5 to 7 minutes or until no longer pink.
 4. Reduce heat. Add green pepper, celery, onion, garlic, tomatoes and their juice, Mexican tomato sauce, basil, parsley, and crushed red pepper. Bring to boil, reduce heat and simmer, covered for 20 minutes.
 5. Serve over hot cooked rice or pasta.