

Chicken Creole

(Serves 4; 274 calories per serving, 5g total fat, 30g protein)

Ingredients:

- Nonstick cooking spray
- 4 Medium chicken breasts (halved, skinned, deboned, and cut into 1-inch slices)
- 1 14oz can tomatoes, cut-up
- 1 Cup low-sodium chili sauce (Heinz)
- 1 ½ Cups or 1 large green bell pepper, chopped
- 1 ½ Cups celery, chopped
- ¼ Cups onion, chopped
- 2 Cloves garlic, minced
- 1 Tablespoon fresh dried basil (or 1 teaspoon dried basil)
- 1 Tablespoon fresh parsley (or 1 teaspoon dried parsley)
- ¼ Teaspoon crushed red pepper
- ¼ Teaspoon sea salt

Directions:

Cook chicken in a hot iron skillet, stirring for 3-5 minutes or until no longer pink. Add tomatoes and their sauce, green bell pepper, celery, onion, garlic, basil, parsley, crushed red pepper, and salt. Bring to boiling. Reduce heat and simmer covered for 10 minutes. Serve over hot brown rice