

20-minute Chicken Creole



Makes 4 servings

Ingredients

nonstick cooking spray

- I pound boneless, skinless chicken breasts, cut into I-inch cubes
- 1 14-ounce can no-salt-added diced tomatoes
- 2 tablespoons tomato paste
- ı cup no-salt-added tomato sauce
- 1 1/2 cups diced green pepper
- 1 1/2 cups diced celery
- ⅓ cup diced onion

3 cloves garlic, minced

- tablespoon chopped fresh basil
 (or I teaspoon dried*)
- I tablespoon chopped fresh parsley (or I teaspoon dried*)
- 3/4 teaspoon crushed red chili pepper flakes
- 1 tablespoon apple cider vinegar
- 2 tablespoons packed brown sugar
- 2 teaspoons chili powder
- 4 cups cooked brown rice

Directions

- Spray a deep skillet with nonstick cooking spray and preheat on high.
- Cook chicken for 3 to 5 minutes, until chicken is no longer pink.

(directions continued on back)



MAIN DISH



Directions (continued)

- 3. Add remaining ingredients except for the rice. Bring to a boil, reduce heat and cover. Allow to simmer for 10 minutes.
- 4. Serve warm over brown rice.

= heart smart

(GF) = gluten free

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Nutrition Facts

Serving Size 1 cup rice topped with 1 1/2 cups chicken creole (551g) Servings Per Container 4

Amount Per Serving	
Calories 420 C	alories from Fat 50
	% Daily Value*
Total Fat 6g	9%
Saturated Fat 1g	5%
Trans Fat 0g	
Cholesterol 85mg	28%
Sodium 240mg	10%
Total Carbohydrate	e 60g 20 %
Dietary Fiber 9g	36%
Sugars 17g	

Protein 34g Vitamin A 80% • Vitamin C 110%

Calcium 8% • Iron 20%

*Percent Daily Values are based on a 2,000 calorie

diet. Your daily values may be higher or lower depending on your calorie needs:

Calories: 2,000 2,500

Total Fat Less than 65g 80a Saturated Fat Less than 259 Cholesterol Less than 300ma 300mg Less than 2.400mg 2.400mg Total Carbohydrate 300a 375q Dietary Fiber 30a 25a

Calories per gram: Fat 9 • Carbohydrate 4 • Protein 4

Carb choices per serving: 4

^{*}Option not included in nutrition facts.