



20-minute Chicken Creole

Makes 4 servings

Ingredients

nonstick cooking spray
1 pound boneless, skinless chicken breasts,
cut into 1-inch cubes
1 14-ounce can no-salt-added diced tomatoes
2 tablespoons tomato paste
1 cup no-salt-added tomato sauce
1 ½ cups diced green pepper
1 ½ cups diced celery
⅓ cup diced onion

3 cloves garlic, minced
1 tablespoon chopped fresh basil
(or 1 teaspoon dried*)
1 tablespoon chopped fresh parsley
(or 1 teaspoon dried*)
¾ 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

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

(directions continued on back)

