20-Minute Chicken Creole

This quick Southern dish contains no added fat and very little added salt in its spicy tomato sauce.

Instructions

1. Spray a deep skillet with nonstick spray coating. Preheat pan over high heat.
2. Cook chicken in hot skillet, stirring, for 3–5 minutes, or until no longer pink. Reduce heat.
3. Add tomatoes and their juice, low-sodium chili sauce, green pepper, celery, onion, garlic, basil, parsley, crushed red pepper, and salt. Bring to boiling; reduce heat and simmer, covered, for 10 minutes.
4. Serve over hot cooked rice or whole wheat pasta.

* You can substitute 1 lb boneless skinless chicken breast, cut into 1-inch strips
** To cut back on sodium, try low sodium canned tomatoes

Tip

Eating green peppers adds fiber, vitamins C and E, and antioxidants to your diet. A diet rich in vegetables reduces your risk of certain chronic illnesses.