



# 20-Minute Chicken Creole



**Makes:** 8 servings

**Total Cost:** \$\$\$\$

**Cook Time:** 20 minutes

This Creole-inspired dish uses chili sauce and cayenne pepper to spice it up. Tomatoes, green pepper, celery, onions and garlic spices also surround the chicken with delicious color. This main dish can be cooked on the stovetop or with an electric skillet.

## Ingredients

- 1 tablespoon vegetable oil (or cooking oil of choice)
- 1 pound chicken breasts, skinless, boneless

- 1 can (14.5 ounces) diced tomatoes, low-sodium
- 1 cup chili sauce
- 1 large green pepper, chopped
- 2 celery stalks, chopped
- 1 onion, chopped
- 2 garlic cloves, minced
- 1 teaspoon dried basil
- 1 teaspoon dried parsley
- 1/4 teaspoon cayenne pepper
- 1/4 teaspoon salt

## Directions

1. Wash hands with soap and water.
2. Heat pan over medium-high heat (350 °F in an electric skillet). Add vegetable oil and chicken and cook until the chicken reaches an internal temperature of 165 °F (3-5 minutes).
3. Reduce heat to medium (300 °F in electric skillet).
4. Add tomatoes with juice, chili sauce, green pepper, celery, onion, garlic, basil, parsley, cayenne pepper, and salt.
5. Bring to a boil; reduce heat to low and simmer, covered for 10-15 minutes.
6. Serve over hot, cooked rice or whole wheat pasta.
7. Refrigerate leftovers within 2 hours.

# Notes

Learn more about:

- [Tomatoes](#)
- [Bell Peppers](#)
- [Celery](#)
- [Onions](#)
- [Garlic](#)
- [Herbs](#)

Source:

Recipe Adapted from: *Food Hero*

Oregon State University Cooperative Extension Service

# Nutrition Information

Serving Size: 1 cup (170g)

# MyPlate Food Groups



Vegetables

1/2 cups



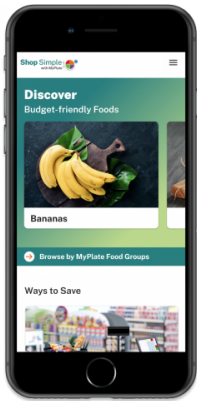
Protein Foods

1 1/2 ounces

Nutrients	Amount
Total Calories	112
Total Fat	4 g
Saturated Fat	1 g
Cholesterol	35 mg
Sodium	126 mg
Carbohydrates	6 g
Dietary Fiber	2 g
Total Sugars	3 g
Added Sugars included	0 g
Protein	14 g
Vitamin D	0 mcg
Calcium	40 mg
Iron	1 mg
Potassium	468 mg

N/A will display when nutrient data is unavailable

Please note: nutrient values are subject to change as data is updated



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MyPlate.gov is based on the *Dietary Guidelines for Americans, 2020-2025*

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