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Good Source of Fiber
No Added Sugar

Creole Chicken

LIVE WELL ALABAMA

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Creole Chicken

INGREDIENTS

1 tablespoon olive oil
2 small chicken breasts, halved and skin removed
½ cup celery, chopped
⅓ cup onion, sliced
1 medium green pepper, sliced
1 can diced tomatoes, 15 ounces
1 tablespoon Creole seasoning

DIRECTIONS

1. Heat oil in large skillet over medium heat.
2. Add chicken and cook a few minutes on each side, just until brown. Remove chicken from skillet and set aside.
3. Add remaining ingredients to skillet and bring mixture to boil.
4. Cover and cook over medium heat 10 minutes.
5. Add chicken, cover, and reduce heat to low.
6. Simmer 25 to 30 minutes or until tender.

TIPS

- Stretch this meal further by serving over whole-grain rice.
- Use leftovers to make a Creole chicken wrap for lunch.

Main Dish | Serves 6