



Chicken Vegetable Creole

Serve with brown rice and salad for a complete meal. To add spice to this dish, try sausage instead of chicken.



INGREDIENTS

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| nonstick cooking spray | 2 stalks celery, chopped |
| 1 pound boneless, skinless chicken breasts, cut into large chunks | 1½ teaspoons garlic powder |
| 1 large onion, chopped | 1 teaspoon onion powder |
| 1 (14½-ounce) can diced tomatoes | ½ teaspoon salt |
| ⅓ cup tomato paste | ¼ teaspoon red pepper flakes |
| | ⅓ teaspoon ground black pepper |
| | 1½ cups broccoli florets |

Preparation

1. Spray a large skillet with nonstick cooking spray and heat over medium heat.
2. Add chicken and onion; cook, stirring frequently, for 10 minutes.
3. Stir in all remaining ingredients except broccoli and cook for 5 minutes, stirring occasionally.
4. Stir in broccoli, cook for 5 minutes more. Serve while hot.



Makes 6 servings. 1 cup per serving.

Prep time: 10 minutes Cook time: 20 minutes

Nutrition information per serving: Calories 143, Carbohydrate 11 g, Dietary Fiber 3 g, Protein 19 g, Total Fat 3 g, Saturated Fat 1 g, Trans Fat 0 g, Cholesterol 46 mg, Sodium 460 mg