

Chicken

Creole Chicken

Taste of Home One-Dish Meals

Servings: 2

Chili powder may be increased to raise heat of the dish.

2 4-ounce boneless/ skinless chicken breasts

1 teaspoon canola oil

1 can (14 1/2 oz) stewed tomatoes, cut up

1/3 cup green pepper, julienned

1/4 cup celery, chopped

1/4 cup onion, sliced

1/2 teaspoon chili powder

1/2 teaspoon dried thyme

1/8 teaspoon pepper

1 cup hot cooked white rice

In a small nonstick skillet coated with cooking spray, cook chicken in oil over medium heat for 5 to 6 minutes on each side or until a meat thermometer reads 170 degrees. Remove and keep warm.

In the same skillet, combine the tomatoes, green pepper, celery, onion, chili powder, thyme and pepper. Bring to a boil. Reduce the heat; cover and simmer for 10 minutes or until vegetables are crisp-tender.

Return chicken to pan; heat through.

Serve over the rice.

Per Serving (excluding unknown items): 75 Calories; 3g Fat (28.7% calories from fat); 2g Protein; 13g Carbohydrate; 3g Dietary Fiber; 0mg Cholesterol; 54mg Sodium. Exchanges: 0 Grain(Starch); 2 Vegetable; 1/2 Fat.