



Washington Farmers  
Market Nutrition Program

### Ingredients:

- 2 teaspoons olive oil
- 2 medium chicken breast halves  
(3/4 pound) skinned, boned  
and cut into 1 inch strips
- 1 cup tomatoes, diced
- 1/4 cup water
- 1/2 cup low sodium chili sauce
- 1 small bell pepper, chopped
- 1/4 cup chopped celery
- 1/4 cup chopped onions
- 2 cloves garlic, minced
- 1/2 teaspoon basil
- 1/2 teaspoon parsley

## Chicken Crzole

Makes 3 servings



### Directions:

1. Heat oil in skillet. Add chicken and cook, stirring for 3 or 5 minutes or until no longer pink.
2. Add tomatoes, water, low sodium chili sauce, green pepper, celery, onion, garlic, basil, and parsley. Bring to boil; reduce heat and simmer covered for 10 minutes.
3. Salt and pepper to taste.
4. Serve over rice or whole wheat pasta.

*Down Home Healthy Cookin'*, U.S. Department of Health and Human Services, National Institutes of Health



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Nutrition Facts	
Serving size: 1/6 of recipe (233g)	
Servings Per Container 6	
Amount Per Serving	
<b>Calories</b> 231	Cal. from Fat 51
% Daily Value*	
<b>Total Fat</b> 6g	<b>8%</b>
Saturated Fat 1g	<b>8%</b>
<b>Cholesterol</b> 96mg	<b>30%</b>
<b>Sodium</b> 512mg	<b>20%</b>
<b>Total Carbohydrate</b> 7g	<b>2%</b>
Dietary Fiber 2g	<b>8%</b>
Sugars 0g	
<b>Protein</b> 36g	
Vitamin A 10%	Vitamin C 55%
Calcium 4%	Iron 10%
* Percent Daily Values is based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.	

**Note:** Nutrition facts do not include rice or pasta.

This material funded by USDA's Food Stamp Program; the Farmers Market Nutrition Program; and Washington State University. Washington State University is an equal opportunity provider and employer.

## Chicken Creole

### Options:

- Use fish or shrimp in place of chicken.
- Use canned tomatoes if fresh are not available or are too expensive.
- Add seasonal vegetables like summer squash.
- Try using fresh herbs.
- Substitute 1/4 cup regular chili sauce and 1/4 cup water for low-sodium chili sauce.

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