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

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

- nonstick cooking spray
- 1 pound boneless, skinless chicken breasts, cut into large chunks
- 1 large onion, chopped
- 1 (14½-ounce) can diced tomatoes
- ⅓ cup tomato paste
- 2 stalks celery, chopped
- 1½ teaspoons garlic powder
- 1 teaspoon onion powder
- ½ teaspoon salt
- ¼ teaspoon red pepper flakes
- ⅛ 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.