

Creole Chicken with Rice 4 servings

To Make Creole Chicken:

1Tbsp	Canola oil
1lb	Chicken leg quarters
1	Fresh onion, chopped
1	Fresh garlic clove, minced
½	Green bell pepper, chopped
8oz	Stewed tomatoes, canned *
4oz	Tomato sauce, canned *
¼ tsp	Ground thyme
½ tsp	Tabasco sauce
8 oz	Frozen okra, sliced



Add oil to a large, non-stick skillet and heat to medium high heat. Add chicken. Brown on both sides, about 5-6 min. Add all remaining ingredients, except okra, to skillet with chicken. Heat the mixture to boiling. Reduce heat, cover and simmer about 15 - 20 minutes. Add okra, bring back to a boil and then simmer for an additional 5-10 minutes.

Recipe Nutrition per serving (skinless chicken)

272 calories; 38 gm protein; 12 gm carbohydrates; 8 gm total fat; 2 gm saturated fat; 96 mg cholesterol; 515 mg sodium

*Note: try 'no added salt' canned tomato products for less sodium in the finished recipe.

To Make Rice:

Cook the rice (brown or white) according to package directions.

Side Items: choose one to complete your meal.

1. **Steamed Fresh Cabbage (red or green)**

- Affordable, staple ingredient: Fresh cabbage

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- To Make: Wash fresh cabbage. Use a cutting board and knife to cut thin strips of cabbage. Cut into 2 “ length pieces and place in a saucepan. Add 1/4 - ½ cup water and cover. Cook on medium heat until cabbage is fork-tender. Drain water and dust with salt & pepper to taste.

2. **Onion Flavored Green Beans or Broccoli**

- Affordable, staple ingredient: Lowes Foods Frozen Green Beans or Lowes Foods Frozen Broccoli Cuts

To Make: Use a cutting board and knife to chop ½ small onion for topping. Cook frozen green beans or broccoli according to package directions. Drain water. Add onions to the top. Dust with salt and pepper to taste.

3. **Orangey Carrots**

- Affordable, staple ingredient: Fresh carrots

To Make: Peel and wash carrots and cut off the very top and bottom of each. Cut each carrot into coin-shaped pieces, about ½ “ wide. Place in a saucepan and cover with water. Cook on medium high until carrots are fork-tender. Drain water. Add ¼ cup orange juice and/or 1teaspoon orange zest and stir.