

## Creole Chicken Breasts (makes 4 servings)

1 Tbsp Canola Oil  
1 lb Chicken Breasts, boneless and skinless  
1 Fresh Onion, chopped  
1 Fresh Garlic Clove, minced  
1/2 Green Bell Pepper, chopped  
8 oz Stewed Tomatoes, canned  
4 oz Tomato Sauce, canned  
1/4 tsp Ground Thyme  
1/2 tsp Tabasco Sauce  
8 oz Frozen Okra, sliced

Add oil to a large, non-stick skillet and heat to medium high heat. Add thawed chicken breasts and brown on both sides, about 5-6 min. Add all remaining ingredients, except okra, to skillet with chicken. Heat mixture to boiling. Then, reduce heat, cover and simmer about 15 min. Add okra, bring back to a boil and then simmer an additional 5-10 min.

### **Recipe nutrition per serving:**

272 calories; 38 gm protein; 12 gm carbohydrates; 8 gm total fat; 1.5 gm saturated fat; 96 mg cholesterol; 515 mg sodium  
Note: Try no added salt canned tomato products for less sodium in the finished recipe