

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



INGREDIENTS

- nonstick cooking spray
- 1 pound boneless, skinless chicken breasts, cut into large chunks
- 1 large onion, chopped
- 1 (14½-ounce) can diced tomatoes
- 1/3 cup tomato paste
- 2 stalks celery, chopped
- 1½ teaspoons garlic powder
- 1 teaspoon onion powder
- ½ teaspoon salt
- ¼ teaspoon red pepper flakes
- 1/8 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.

Makes 6 servings.
½ cup per serving.

Prep time: 10 minutes

Cook time: 10 minutes

Nutrition information per serving:

Calories:	132
Carbohydrate:	24 g
Dietary Fiber:	4 g
Protein:	2 g
Total Fat:	4 g
Saturated Fat:	1 g
Trans Fat:	0 g
Cholesterol:	0 mg
Sodium:	441 mg

Herbed Potato Salad



INGREDIENTS

- 1½ pounds red potatoes (about 8 potatoes), cut into cubes
- ½ cup light Italian dressing
- ½ tablespoon spicy brown mustard
- 1 tablespoon chopped fresh parsley
- 1 teaspoon garlic salt
- ¼ teaspoon ground black pepper
- ½ cup chopped red bell pepper
- ½ cup chopped green bell pepper
- ½ cup chopped green onions

PREPARATION

1. In a large pot, cook potatoes in boiling water until tender, about 10 minutes (do not overcook).
2. Drain well and let cool.
3. Cut potatoes into bite-size pieces and place in a medium bowl.
4. In a small bowl, combine dressing, mustard, parsley, and seasonings; pour over potatoes and toss well.
5. Carefully stir in bell peppers and green onions. Cover and chill until ready to serve.