

Chicken Creole

INGREDIENTS

- 1 lb. boneless, skinless chicken breasts
- 1 teaspoon Olive oil
- 2 small onions
- 2 medium green peppers
- 1 small zucchini
- 1 large eggplant
- 4 ounces mushrooms, pre-sliced
- 24 ounces tomatoes, can, peeled, whole
- ½ teaspoon garlic powder
- ¼ teaspoon salt
- ¼ teaspoon pepper
- ½ teaspoon Italian seasoning
- ½ cup Grated low fat cheese, your choice
- ½ cup low fat mozzarella cheese



METHOD

- Slice eggplant and place on paper towels and sprinkle with a little bit of salt, to remove excess water from eggplant - let it sit for 20 minutes, then cut into 1" chunks
- Cut other vegetables into bite-size pieces (similar size to eggplant)
- Preheat oven to 350 degrees.
- Cut chicken into 1 inch pieces. Heat olive oil over medium high heat
- Brown chicken with onions and peppers.
- Add zucchini, eggplant, mushrooms, tomatoes.
- Cook until vegetables are tender.
- Add spices.
- Put in 13x9 glass dish and cover with foil. Bake for 20 minutes at 350.

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- Then sprinkle with grated cheese and mozzarella cheese and bake at 350 uncovered for 30 minutes.

NUTRITION FACTS

Servings: 6

Amount Per Serving

Calories: 234

1	Total Fat: 6.52g
2	Cholesterol: 61mg
3	Sodium: 344mg
4	Total Carbs: 16.09g
5	Dietary Fiber: 6.02g
6	Sugars: 8.05g
7	Protein: 27.91g

- **Source:** Mary Brown - South Shore Medical Center Healthy Recipe Contest