
Chicken Creole

Linda Tolback, New York

North American Potpourri - Autism Directory Service, Inc - 1993

2 whole skinned and boned chicken breasts

1/2 teaspoon salt

1/4 teaspoon pepper

1 tablespoon olive

SAUCE

3 tablespoons oil

1 cup onion, finely chopped

1/2 cup celery, finely sliced

1/2 cup green pepper, finely diced

2 cups garlic, minced

1 can (14-1/2 ounce) whole peeled tomatoes

1/2 cup water

1 1/2 teaspoons paprika

1/2 teaspoon salt

dash cayenne pepper

1 bay leaf

1 teaspoon cornstarch

1 tablespoon cold water

Wash the chicken. Trim off the excess fat. Cut the chicken into one-inch pieces. Toss with salt and pepper.

In a large skillet, heat the oil. Add the chicken and cook over medium-high to high heat, about 5 minutes. Toss the chicken frequently. Remove the chicken and juices. Set aside.

In the same skillet, heat the oil. Add the onion, celery, green pepper and garlic. Saute' until tender. Stir in the tomatoes and their liquid. Break with a spoon.

Stir in 1/2 cup of water, paprika, salt, cayenne pepper and bay leaf. Bring to a boil. Cover and simmer over low-to-medium heat for 10 minutes. Stir in the chicken and juices.

In a small bowl, blend together the cornstarch and one tablespoon of water. Stir into the chicken mixture. Uncover and simmer over low heat for 10 to 15 minutes or until the chicken is tender.

Chicken

Per Serving (excluding unknown items): 1403 Calories; 49g Fat (31.3% calories from fat); 130g Protein; 115g Carbohydrate; 12g Dietary Fiber; 274mg Cholesterol; 2622mg Sodium. Exchanges: 1/2 Grain(Starch); 15 Lean Meat; 20 1/2 Vegetable; 0 Fruit; 8 1/2 Fat.