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Healthy Recipes

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
1/2 teaspoon salt
1/4 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.

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Healthy Recipes

Makes 6 servings.

1/2 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
1/2 cup light Italian dressing
1/2 tablespoon spicy brown mustard
1 tablespoon chopped fresh parsley
1 teaspoon garlic salt
1/4 teaspoon ground black pepper
1/2 cup chopped red bell pepper
1/2 cup chopped green bell pepper
1/2 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.

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