

CHICKEN CREOLE

YIELD: 25 SERVINGS, 4 OZ. CHICKEN & VEGETABLES + 1/2 CUP RICE

Chef Vanessa LaBranche

In my upbringing, Shrimp Creole was a treat on certain weekends. However, Chicken Creole was something that would be served from time to time because it was more budget friendly.

It is a simple dish cooked in a tomato-based sauce with vegetables that comes together quickly. Like many Louisiana style Creole dishes, the flavors start with the “trinity” of celery, peppers and onions. I still enjoy eating this occasionally as I have fond memories of time spent with my family. The choice of fat is usually butter, but to switch it up to a healthier version, this version uses olive oil instead.

INGREDIENTS

- 3.15# chicken breast
- Juice of 1 lemon
- 1 teaspoon kosher salt
- 3 tablespoons of olive oil
- 1 large onion, chopped
- 2 stalks celery
- 2 green peppers, chopped
- 3 cloves of garlic, minced
- 2 tablespoons of tomato paste
- 2 cups canned diced tomatoes, with juice
- 1 teaspoon of thyme
- 1 teaspoon of old bay seasoning
- 1 cup of chicken broth, reduced sodium
- ½ teaspoon of cayenne pepper
- 1 bay leaf
- 12.5 cups of cooked brown rice for serving

DIRECTIONS

1. Place the chicken into a bowl and squeeze the juice of 1 lemon and sprinkle with the kosher salt. Use tongs to toss evenly. Cover and let marinate for at least two hours or overnight in the fridge.
2. In a large tilt skillet over medium heat, add ½ of the olive oil. Sauté the marinated chicken breast and cook until its done. Remove the chicken and place into a hotel pan.
3. To the tilt skillet, add the remaining olive oil and sauté the onion, celery and peppers for 5 minutes. Then add the garlic and sauté for another couple of minutes. Add the tomato paste and cook for 2 minutes.
4. Add the cooked chicken back to the skillet and then add the diced tomatoes, thyme, chicken broth and bay leaf. Bring to a boil then reduce to a simmer and cook for 15 minutes to allow the flavors to blend.
5. Before serving, discard bay leaves. Serve 1/2 cup of chicken mixture over 1/2 cup of cooked rice.

RECIPE NOTES - CHICKEN CREOLE

Recipe credits as 2 oz. M/MA & 1 oz. whole grain equivalent

Nutritional information*: 278 calories; 1.35 g sat. fat; 604 mg sodium; 37 g carbohydrate

** nutrient data and allergen information may vary depending on the specific ingredients and equipment used in your location.*