



Creole Chicken with Red Beans and Spinach

Ingredients:

8 ounces skinless, boneless chicken breasts, sliced thinly crosswise
2 1/4 cups no-salt-added or low sodium vegetable broth, divided
1 teaspoon Mrs. Dash or other no-salt seasoning blend
1 1/2 cups cooked red kidney beans or 1 (15 ounce) can no-salt-added or low sodium beans, drained
1 1/2 cups chopped tomatoes
1 cup chopped celery
1 large green pepper, chopped
1/2 cup chopped onion
4 cloves garlic, minced
2 tablespoons no-salt-added tomato paste (see note)
1 tablespoon chopped fresh basil or 1 teaspoon dried
1 tablespoon chopped fresh parsley or 1 teaspoon dried
2 teaspoons chili powder, or more to taste
1/4 teaspoon dried crushed red pepper, or more to taste
10 ounces spinach
2 cups cooked wild rice

Instructions:

Place chicken in a small flat-bottomed pot. Cover with 1 1/2 cups of the vegetable broth. Add Mrs. Dash or other seasoning blend. Bring to a boil, then reduce heat to a very low simmer. Partly cover and simmer for 10 to 14 minutes, until cooked through. Drain and cut into thin strips.

Combine remaining 3/4 cup vegetable broth and other ingredients except for spinach and rice in a pot. Bring to a boil, then reduce heat to medium and simmer covered, for 10 minutes or until vegetables are tender. Stir in spinach and when spinach is wilted, add cooked chicken.

Serve over wild rice.

Note: Choose tomato products packaged in glass or cartons. These materials do not contain BPA.

Nutritional Information:

- **Servings: 4**
- Calories: 336 kcal
- Fat: 3.5 g
- Saturated Fat: 0.8 g
- Cholesterol: 48.2 mg
- Sodium: 237 mg
- Carbohydrates: 48 g
- Fiber: 11.3 g
- Sugar: 6 g
- Protein: 31g

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