

# Recipes

Fitness Layne



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## *Quick Southern Chicken*

*(An adaptation from Cooking Light magazine)*

Serves 2

*Prep Time: 10 mins. Attended Cook  
Time: 5 mins. (unattended 10 mins.)*

*A quick dish with a spicy tomato  
sauce, served over one cup of brown  
rice (prepared according to the  
directions on package.)*

### **Ingredients**

1 lb.-1" skinless chicken cut in strips  
cup chopped celery  
cup chopped onion  
2 cloves minced garlic  
1 ½ cup chopped green pepper (1  
large)  
1 Tbsp. Cap-Tri  
1 Tbsp fresh basil (1 tsp dried)  
1 Tbsp fresh parsley (1 tsp dried)  
1-14 oz can tomatoes, cut-up  
1 Tbsp chili sauce (like Kame)  
1 tsp. crushed red pepper

### **Directions**

Spray a deep skillet w/ nonstick spray  
coating. Preheat pan over high heat.

Cook chicken in hot skillet, stirring,  
for 3 to 5 minutes, or until no longer  
pink. Reduce heat & allow to cool  
before adding Cap-Tri.

Clear area in center of chicken to  
add Cap-Tri, garlic, basil, parsley,  
celery, onion, green pepper cook for  
5 minutes or until onion & celery are  
transparent.

Pour in tomatoes w/ juice, chili sauce  
& crushed red pepper. Bring to a boil,  
reduce heat & simmer, covered for  
10 mins. Serve over brown rice.

### **Nutrition Information**

Per Serving: Cal-357.2; Protein-53.5;  
Fat-3.2; Carbs-15; Sodium-358;  
Potassium-864