

Heart-Healthy Chicken Stew

Ingredients:

- 1 ½ pounds boneless, skinless chicken breast or thighs
- ½ tablespoon canola oil
- 3 ½ tablespoons salt-free Creole seasoning
- ½ cup yellow onion, chopped
- ½ cup green onion, chopped
- ½ cup bell pepper, chopped
- ½ cup celery, chopped
- 1 clove garlic, minced OR ½ teaspoon garlic powder
- ½ cup dry roux
- 1 ½ cups reduced-sodium chicken broth
- 1 cup water

Instructions:

1. Trim the visible fat off the chicken.
2. Add oil to a pan and set heat to medium.
3. Sprinkle 1 tablespoon of the salt-free Creole seasoning on the chicken and rub until the chicken is covered.
4. Add the chicken to the pan and brown on each side, then set aside.
5. Add chopped onion, green onion, bell pepper, celery, and garlic to the pan and cook until translucent.
6. Add dry roux, the remaining seasoning, broth, and water. Whisk until there are no more lumps.
7. Bring to a boil and allow to simmer for 20-25 minutes. If the gravy is too thick, add more water.
8. Add chicken to pan. Cover and cook for 30 minutes over medium-low heat, stirring occasionally. Remove the lid for the last 5 minutes.

Serves: 6

Prep Time: 10 minutes

Cook Time: 1 hour

Nutrition Facts	
6 servings per container	
Serving size	1 cup
Amount per serving	
Calories	200
% Daily Value*	
Total Fat 6g	8%
Saturated Fat 1g	5%
Trans Fat 0g	
Cholesterol 90mg	30%
Sodium 260mg	11%
Total Carbohydrate 12g	4%
Dietary Fiber 1g	4%
Total Sugars 2g	
Includes 0g Added Sugars	0%
Protein 25g	
Vitamin D 0mcg	0%
Calcium 20mg	2%
Iron 3mg	15%
Potassium 139mg	2%

*The % Daily Value tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.



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Sauteed Brussels Sprouts

Ingredients:

- 2 tablespoons olive oil
- 12 ounce bag frozen brussels sprouts, thawed and sliced in half
- ½ onion, chopped OR ½ tbsp onion powder
- 2 teaspoons minced garlic
- Pinch of salt and pepper
- 1 teaspoon no-salt creole seasoning

Instructions:

1. In a skillet, heat oil over medium-high heat.
2. Add brussels sprouts and onion and sauté until they start to brown.
3. Add garlic and other seasonings.
4. Cook until tender.

Find the video for this recipe and more at LSUAgCenter.com/BuildAHealthyMeal. The Build a Healthy Meal video series and recipe cards are made possible through an LSU AgCenter partnership with Louisiana Healthcare Connections. Learn more about Healthy Louisiana Medicaid and Louisiana Healthcare Connections at www.ChooseLouisianaHealth.com



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Serves: 6

Prep Time: 5 minutes

Cook Time: 20 minutes

Nutrition Facts	
6 servings per container	
Serving size	about 1/2 cup
Amount per serving	
Calories	70
% Daily Value*	
Total Fat 4.5g	6%
Saturated Fat 0.5g	3%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 110mg	5%
Total Carbohydrate 6g	2%
Dietary Fiber 2g	7%
Total Sugars 1g	
Includes 0g Added Sugars	0%
Protein 2g	
Vitamin D 0mcg	0%
Calcium 27mg	2%
Iron 1mg	6%
Potassium 231mg	4%

*The % Daily Value tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.



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