

Creole Chicken Pasta

Makes 6 servings

½ pound chicken strips

1 (14½-ounce) can Cajun-style
stewed tomatoes

1 medium green bell pepper, cut into strips

¼ cup water

1 tablespoon Wyler's® Chicken-Flavor
Bouillon Granules

½ teaspoon minced garlic

¼ teaspoon red pepper flakes, optional
Savory Pasta (see first panel)

Coat large nonstick skillet with cooking spray.

Brown chicken; remove from skillet. Add

remaining ingredients except Savory Pasta;

bring to a boil. Reduce heat; cover and simmer

10 minutes. Return chicken to skillet; heat through. Serve over Savory Pasta.

3.5g FAT

