

# jumpin' jambalaya



National Heart, Lung,  
and Blood Institute

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## Ingredients

14 ounces low-fat turkey kielbasa

1 pound, boneless, skinless  
chicken breasts

nonstick cooking spray

1 medium celery stalk chopped

2 small onions, chopped

4 cloves garlic, chopped

1 small bunch green onions, chopped

1 medium bell pepper, chopped

1 14 1/2 -ounce can of diced  
tomatoes, no salt added

1 1/2 cup uncooked brown rice

4 cups water

2 cubes, low-sodium chicken bouillon

1 bay leaf

1 1/2 teaspoons cayenne pepper

3 tablespoons parsley, finely  
chopped

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1. Wash chicken and pat dry. Cut the chicken breasts and kielbasa into 1-inch chunks.
2. Spray a medium-sized pan with nonstick cooking spray. Brown the kielbasa and chicken over medium heat and remove from the pan.
3. Add next 6 ingredients to the same pot and cook over medium heat for 10 minutes.
4. Put the cooked meat back into the pot; add the rice, water, chicken bouillon cubes, bay leaf, and cayenne pepper. Bring to a boil; Cover, reduce heat, and let simmer for about 50 minutes\* or until the water is evaporated.
5. Stir in parsley and serve warm.

*\*Instant brown rice will take less time.*

**Yield** 9 servings, **Serving Size** 1 cup, **Calories** 250, **Total Fat** 4g,  
**Saturated Fat** 1g, **Cholesterol** 53mg, **Sodium** 531mg, **Total Fiber** 5g,  
**Protein** 22g, **Carbohydrates** 31g, **Potassium** 427mg