

jumpin' jambalaya

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



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



National Heart, Lung,
and Blood Institute