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