## 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  $\frac{1}{2}$  -ounce can of diced tomatoes, no salt added

 $1 \frac{1}{2}$  cup uncooked brown rice

4 cups water

2 cubes, low-sodium chicken bouillon

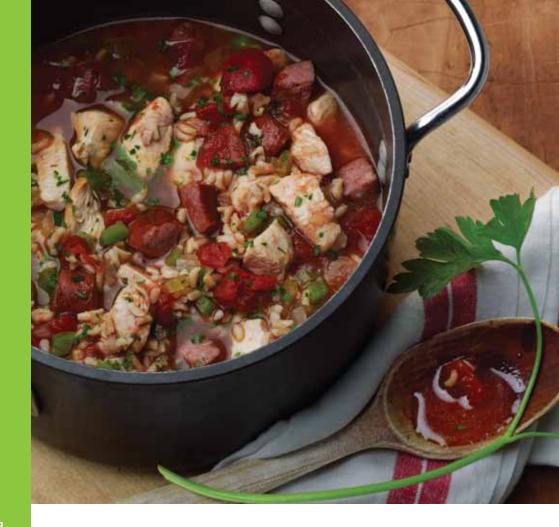
1 bay leaf

 $1^{1}/_{2}$  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