

DASH EATING PLAN

# Jumpin' Jambalaya

HEALTHY EATING, PROVEN RESULTS

Lots of veggies plus low-fat meats make this one-pot meal an easy crowd-pleaser. Serve with an Autumn Salad and a glass of 1% milk.

Delicious heart healthy recipes are as good for your heart as they are for your taste buds! The [Heart Healthy Eating webpage \(healthyeating.nhlbi.nih.gov\)](http://healthyeating.nhlbi.nih.gov) features this recipe and more than 100 others created for the National Heart, Lung, and Blood Institute (NHLBI). Along with heart healthy recipes from cuisines around the world, there is plenty of information about food shopping, cooking, and eating healthfully for the entire family.

**DASH EATING PLAN**

The DASH Eating Plan is a heart healthy approach that has been scientifically proven to lower blood pressure and have other health benefits. To learn more, go to [www.nhlbi.nih.gov/DASH](http://www.nhlbi.nih.gov/DASH).



National Heart, Lung,  
and Blood Institute

# Jumpin' Jambalaya

Number of servings from each DASH Food Group in the suggested meal featuring this recipe

1

Grains

3

Vegetables

3/4

Fruits

1

Dairy

3

Meats, Fish, and Poultry

1/2

Nuts, Seeds, and Legumes

0

Fats and Oils

0

Sweets and Added Sugars

## INGREDIENTS

- 1 lb boneless, skinless chicken breast
- 14 oz low-fat turkey kielbasa
- Nonstick cooking spray
- 1 medium celery stalk, chopped
- 2 small onions, chopped
- 4 cloves garlic, chopped
- 1 small bunch green onions, chopped
- 1 medium green bell pepper, chopped
- 1 can (14 1/2 oz) no-salt-added diced tomatoes
- 1 1/2 cups uncooked brown rice
- 4 cups water
- 2 cubes low-sodium chicken bouillon
- 1 bay leaf
- 1 1/2 tsp cayenne pepper
- 3 tbsp finely chopped parsley

## DIRECTIONS

- 1 Cut the chicken breast and kielbasa into 1-inch chunks.
- 2 Spray a medium-sized pot with nonstick cooking spray. Brown the chicken and kielbasa over medium heat and remove from the pot.
- 3 Add next 6 ingredients to the same pot, and cook over medium heat for 10 minutes.
- 4 Return the cooked meat to the pot; add the brown rice, water, bouillon, 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 (instant brown rice will take less time to cook).
- 5 Stir in parsley and serve warm.

## MAKES 9 SERVINGS

Each serving provides 250 calories, 4g total fat, 1g saturated fat, 53mg cholesterol, 531mg sodium, 22g protein, 31g carbohydrates, 427mg potassium, 5g total fiber.



**Prep time**  
15 minutes

**Cook time**  
1 hour  
15 minutes

**Yields**  
9 servings

**Serving Size**  
1 cup

**TIP** Pair the Jambalaya with a delicious Autumn Salad and a glass of 1% milk.