

Jambalaya

Serving Size: 1 cup
Serves: 8

Ingredients:

1 teaspoon vegetable oil
½ pound low-sodium deli ham
½ pound smoked turkey sausage
1 large onion -- chopped
1 green bell pepper -- chopped
3 celery ribs -- chopped
3 garlic cloves -- minced
28 ounces low sodium canned tomatoes -- undrained
10½ fluid ounces low sodium chicken broth
1 cup brown rice
1 tablespoon Worcestershire sauce
1 teaspoon dried thyme
½ teaspoon black pepper
¼ teaspoon ground red pepper
12 ounces frozen shrimp -- thawed
fresh chives -- for garnish

Directions:

Preheat oven to 350 degrees. Spray a 13x9 inch baking dish with non-stick cooking spray.

Heat oil in a large skillet over medium-high heat. Add ham and sausage. Cook until the sausage is lightly browned. Remove from the skillet and place it in the dish.

Cook onion, bell pepper, celery and garlic in the same skillet until the onion is translucent. Add to the pan with the meat mixture.

Combine tomatoes and their juice with the broth, rice, Worcestershire, thyme and peppers in the same skillet. Bring to a boil. Reduce heat to low and simmer for 3 minutes.

Combine with meat and vegetables and pour into 13x9 inch baking dish.

Cover tightly with foil and bake for 45 minutes or until the rice is tender. Remove from the oven and place the shrimp on top of the rice mixture. Bake uncovered until the shrimp are pink and opaque.

Garnish with chives and serve.

Exchanges per serving:

1 Starch; 2 Lean Meat; 1 Vegetable; 1 Fat

Nutrients per serving:

Calories: 287

Calories from fat: 27%

Total Fat: 9g

Cholesterol: 101mg

Sodium: 627mg

Total Carbohydrate: 30g

Dietary Fiber: 4g

Protein: 23g