

Jambalaya Makes 4 servings

1 t canola oil
1 cup brown rice
1/4 cup chicken broth
1 3/4 cups water
1 t hot sauce
2 t Worcestershire sauce
1 t canola oil
1 medium onion, chopped fine
1 cup celery, chopped
1.5 cups bell pepper, chopped
1/2 lb. smoke turkey sausage, chopped
1 medium chicken breast, boneless and skinless
1 - 15 oz. can no salt added tomatoes
4 cloves garlic, chopped
2 t Mrs. Dash onion and herb mix
1/2 t dried thyme



Heat 1 t of canola oil in a small pot, add rice, and sauté on medium high heat for 2 minutes. Add broth, water, hot sauce, and Worcestershire sauce, cover and bring to a boil. When boil is reached reduce to a simmer. In a separate large pot heat 1 t of canola oil. Add onion, celery, and bell pepper, cover and heat on medium high for 3 minutes. Add sausage and chicken breast and continue to heat for an additional 4 minutes. Add remainder of ingredients and heat for an additional 5 minutes. Transfer rice and unabsorbed liquid to the large pot with the other ingredients, cover and continue to simmer until rice is cooked through (total rice cooking time about 45 minutes).

Nutrition information: 380 calories, 10g fat, 21g protein, 52g carbohydrate, 640mg sodium, 5g dietary fiber. Excellent source of vitamins C, good source of vitamin A and iron.

