



Chicken Jambalaya

Serves 6

- 1 large, lean spicy or hot Italian-style turkey or chicken sausage link, sliced thin
- 1 can fat-free, reduced sodium chicken broth
- 8-ounces skinless, boneless chicken breast, cut into $\frac{3}{4}$ inch pieces
- 1 slice (4 ounces, $\frac{1}{4}$ inch thick) lean, unsweetened ham, cut into $\frac{1}{2}$ inch pieces
- 1 cup chopped sweet onion
- $\frac{1}{2}$ cup chopped green pepper
- $\frac{1}{2}$ cup chopped red pepper
- $\frac{1}{2}$ cup chopped celery
- $\frac{1}{3}$ cup chopped green onion
- 2 cloves garlic, minced
- 1 (14oz) can diced, no salt tomatoes
- $\frac{1}{4}$ cup Worcestershire sauce
- 2 tsp hot pepper sauce
- 2 tsp dried thyme
- $\frac{1}{8}$ tsp black pepper
- $\frac{1}{8}$ tsp salt
- 2 Tbsp chopped fresh parsley
- 1 $\frac{1}{2}$ cups uncooked brown rice

1. Coat large Dutch oven with non-stick spray; heat to medium-high heat. Brown sausage, adding splash of broth to keep from overbrowning.
2. Add chicken. Cook until lightly browned, adding more broth as necessary.
3. Remove meats. Add a splash of broth to stir up browned bits from pan. Add garlic and vegetables, stirring over high heat until soft, about 3 minutes.
4. Add tomatoes, broth and remaining ingredients, except rice. Cover, reduce heat to low and simmer for 25 minutes.
5. Cook rice according to directions.
6. Stir rice into mixture and serve immediately.

Nutritional Analysis

Serving Size: 1/6 recipe

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|---------------|-------|
| Calories | 240 |
| Fat | 4.5g |
| Saturated Fat | 1g |
| Cholesterol | 50mg |
| Sodium | 720mg |
| Carbohydrates | 47g |
| Fiber | 3g |
| Protein | 22g |

Diabetic Exchanges:

| | |
|---------------|---|
| Protein | 3 |
| Carbohydrates | 3 |
| Fat | 1 |