

**LOW  
FAT**

**PREP/TOTAL TIME**

Prep: 20 min.

Cook: 1 hour

**YIELD** 6 servings

**NUTRITION FACTS**

One serving  
(1 cup) equals:

302 calories  
4 g fat  
1 g saturated fat  
43 mg cholesterol  
452 mg sodium  
45 g carbohydrate  
3 g fiber  
21 g protein

**DIABETIC  
EXCHANGES**

2-1/2 starch  
1-1/2 lean meat  
1 vegetable

# Chicken Jambalaya

*I think this jambalaya is just as good as, if not better than, the higher-fat version. I often put this recipe on my party menus.*

Lynn Desjardins, Atkinson, New Hampshire

- 3/4 pound boneless skinless chicken breasts, cubed
- 3 cups reduced-sodium chicken broth



- 1-1/2 cups uncooked brown rice
- 4 ounces reduced-fat smoked turkey sausage, diced
- 1/2 cup thinly sliced celery with leaves
- 1/2 cup chopped onion
- 1/2 cup chopped green pepper
- 2 to 3 teaspoons Cajun or Creole seasoning
- 1 to 2 garlic cloves, minced
- 1/8 teaspoon hot pepper sauce
- 1 bay leaf
- 1 can (14-1/2 ounces) no-salt-added diced tomatoes, undrained

**1.** In a large nonstick skillet lightly coated with cooking spray, saute chicken for 2-3 minutes. Stir in the next 10 ingredients. Bring to a boil. Reduce heat; cover and simmer for 50-60 minutes.

**2.** Stir in tomatoes; cover and simmer 10 minutes longer or until liquid is absorbed and rice is tender. Remove from the heat; let stand for 5 minutes. Discard bay leaf.

**Editor's Note:** The following spices may be substituted for the Creole seasoning: 1/2 teaspoon *each* paprika and the garlic powder, and a pinch *each* cayenne pepper, dried thyme and ground cumin.

*Use ↑ for lower sodium*