

Recipe: Healthful and Delicious Jambalaya

Healthful and Delicious Jambalaya - use the [WonderBoard](#) Cutting Boards at Cooks Corner to cut, chop, measure and pour ingredients.

Ingredients:	12 oz. Tomato Paste
2 Tbs. Olive Oil	12 oz. Water
1/2 lb. sliced (low fat) Kielbasa	1 tsp. each of Red Pepper (Cayenne), White Pepper, Black Pepper
3/4 lb. sliced Chicken Breast	2 Bay Leaves
Pinch of Salt	1 tsp. Garlic, minced (optional)
1 Cup chopped Onion	Pinch of Sage and Thyme (optional)
1 Cup chopped Celery	Fresh Tomatoes
1 Cup chopped Green Pepper	



Directions:

Heat 2 Tbs. olive oil. Brown kielbasa, then chicken, add pinch of salt (3-5 minutes). Add vegetables and saute until tender (5-8 minutes). Add 4 ounces of tomato paste, 4 ounces of water, three peppers, bay leaves, other spices. Simmer short, long or longest. Served over rice (vs. in rice). Makes approx. 6 cups. Using Hillshire Farms Lite Polska Kielbasa or equivalent, each serving has approx. 160 calories, 5 grams of fat, 75mg of sodium, 18 grams of protein.

