

## Jambalaya

(Makes 6 servings)

*This jambalaya is gentle yet flavor packed—great for the person whose stomach doesn't tolerate a spicy hot dish. Yet, you can turn up the heat on this great one-pot meal by increasing the Tabasco. Don't like shrimp? Substitute chicken or lean pork for the shrimp.*

### **Ingredients:**

- 2 tablespoons olive oil
- 3 onions, chopped
- 2 cloves garlic, chopped
- ½ pound shrimp (all shells removed and clean; okay to use shrimp that is cooked and then frozen)
- ½ cup dry white wine
- One 28-ounce can diced tomatoes
- ½ cup water
- ½ teaspoon thyme
- ½ teaspoon basil
- ¼ teaspoon paprika
- 1 teaspoon very low sodium beef bouillon
- ¼ teaspoon Tabasco sauce
- 1 cup uncooked rice (not instant)
- ½ pound very low fat kielbasa (such as turkey kielbasa), sliced and quartered
- 1 cup frozen chopped green pepper (or fresh)

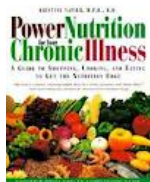
### **Directions:**

- 1) Heat olive oil over medium heat; add onions and garlic; stir-fry 5 minutes.
- 2) Add shrimp, wine, tomatoes, water, thyme, basil, paprika, bouillon, Tabasco, rice and kielbasa.
- 3) Simmer covered for 30 minutes.
- 4) Stir in chopped pepper.
- 5) Simmer an additional 10 minutes.

### **Nutritional Analysis:**

- Calories: 315
- Protein: 18 g
- Carbohydrates: 38 g
- Fiber: 2.5 g
- Fat: 8.5 g
- Saturated Fat: 1.8 g
- Sodium: 62.5 mg

### **Source:**



*Recipe developed and copyrighted by Kristine Napier, MPH, RD, LD. Used with permission from "Power Nutrition for Your Chronic Illness." Kristine Napier / Macmillan / 1998.*

*This cookbook is available in bookstores or online from BN.com or Amazon.com.*