

CAJUN JAMBALAYA

INGREDIENTS

- 3 ½ cups cooked brown rice (1 cup uncooked rice)
OR
- 2 8.8-oz pouches whole-grain rice
- 2 tsp canola or corn oil
- 1 lb boneless, skinless chicken breast halves, all visible fat discarded, cut into 1-inch pieces
- 1 14.5-oz can no-salt-added diced tomatoes
- 14.4 oz frozen onion and bell pepper stir-fry mix, thawed
- 1 Tbsp sodium-free Cajun or Creole seasoning blend
- ½ tsp garlic powder
- ½ tsp dried thyme, crumbled
- ¼ tsp salt
- ¼ tsp pepper
- ½ lb raw medium shrimp, peeled
- ⅓ cup sliced green onions

DIRECTIONS

1. Prepare the rice using the package directions, omitting the salt. Cover to keep warm.
2. In a Dutch oven, heat oil over med-high heat, swirling to coat the bottom. Add chicken and Cajun seasoning blend. Cook for 5 minutes, or until almost cooked through, stirring constantly.
3. Stir in tomatoes, stir-fry mix, garlic powder, thyme, salt and pepper. Bring to a boil. Reduce the heat. Simmer for 5 minutes.
4. Increase heat to bring to a boil. Add the shrimp. Cook 2 to 3 minutes, or until pink on the outside, stirring constantly. Stir in the cooked rice. Cook for 1 to 2 minutes.
5. Spoon the mixture into bowls. Sprinkle with the green onions.



*Recipe courtesy of
American Heart Association*

Serves: 4 | Serving size: 2 cups

Nutrition Information: Calories: 438; Total fat: 7.5g; Saturated fat: 1.0g; Cholesterol: 144mg; Sodium: 428mg; Total carbohydrate: 52g; Dietary fiber: 6g; Protein: 38g.