jumpin’ jambalaya

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1. Wash chicken and pat dry. Cut the chicken breasts and kielbasa into 1-inch chunks.

2. Spray a medium-sized pan with nonstick cooking spray. Brown the kielbasa and chicken over medium heat and remove from the pan.

3. Add next 6 ingredients to the same pot and cook over medium heat for 10 minutes.

4. Put the cooked meat back into the pot; add the rice, water, chicken bouillon cubes, bay leaf, and cayenne pepper. Bring to a boil; Cover, reduce heat, and let simmer for about 50 minutes* or until the water is evaporated.

5. Stir in parsley and serve warm.

*Instant brown rice will take less time.

Yield 9 servings, Serving Size 1 cup, Calories 250, Total Fat 4g, Saturated Fat 1g, Cholesterol 53mg, Sodium 531mg, Total Fiber 5g, Protein 22g, Carbohydrates 31g, Potassium 427mg