

Light, Fast and Easy Jambalaya

Servings: 6

1/2 pound shrimp
3 c. uncooked instant brown rice
1 large red or yellow onion
14 oz. Healthy Choice low fat smoked turkey & pork
sausage (cubed)
1 hot pepper (chopped or diced)
1 tbsp. minced garlic
2 c. beef broth
1 red or yellow bell pepper (sliced)
2 tbsp. light butter

In a saucepan, cook rice as directed. While rice is cooking, in a non-stick skillet cook over medium heat add beef broth, shrimp, and sausage and cook for 5 minutes. Add garlic, hot pepper, bell pepper and onion. Cook for 10-15 minutes.

Serving size: 1/2 cup brown rice topped with 1 cup shrimp and sausage mixture. Serve with 1/2 cup stewed tomatoes, 5-6 saltine crackers and water or tea (unsweetened or with Splenda).

Substitutes: you can have a low carbohydrate tortilla (80-110 calories) or 1 slice bread instead of crackers. In addition, you can have 1/2 cup okra, green beans or squash instead of stewed tomatoes.

Starch	Fruit	Milk	Veg	Meat	Fat
2	0	0	1 1/2	1	1