

Jambalaya

Preparation time: 10 minutes

Cooking time: 30 minutes

Yield: 8 servings

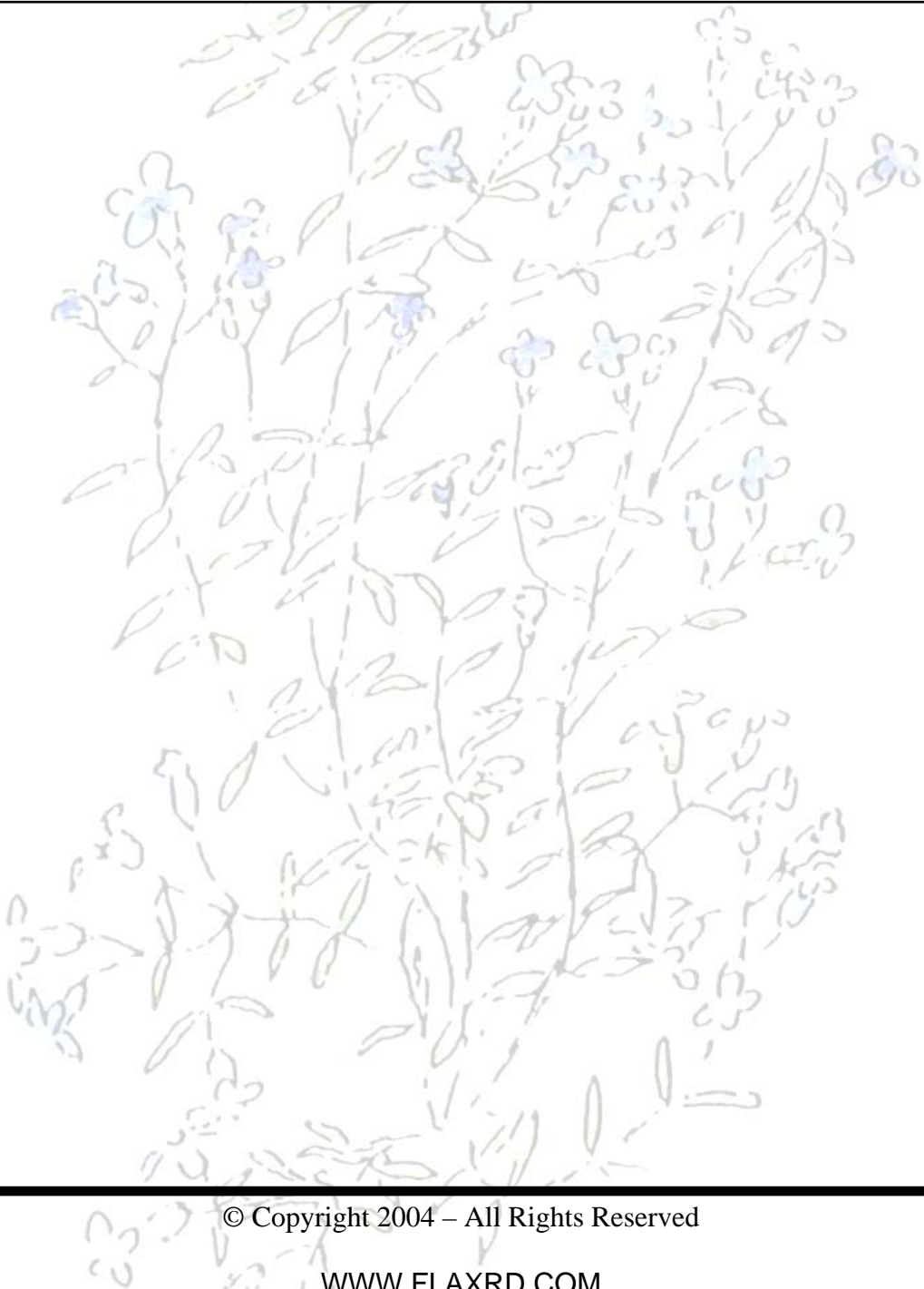
There's nothing like a little taste of New Orleans to add pizzazz to your table. Jambalaya, whether its made the old-fashioned way or in our flax-enhanced version, is traditionally served with rice. We recommend brown rice, because that will maximize the nutritional value of this great dish. And by the way, our kitchen testers said that this dish tasted even better on the second day!

1/4 teaspoon black pepper
1/2 teaspoon garlic, finely chopped
12 ounces chicken breast, cut into 1/2-inch pieces
2 tablespoons extra virgin olive oil
1 cup onions, coarsely chopped
1 small bell pepper, coarsely chopped
1 stalk celery, coarsely chopped
4 ounces smoked sausage, cut into 1/2-inch slices
4 cups salsa or picante sauces
2 – 14.5 ounce cans Italian stewed tomatoes
1/2 cup water
2 cups uncooked brown rice
1 tablespoon hot sauce
1/4 cup toasted flaxseed

1. In large bowl, combine garlic and black pepper—roll the chicken pieces in the spices, making sure each piece is coated.
2. Heat oil in large, heavy skillet until hot, then add chicken pieces and cook at medium heat for about 5 minutes, until the chicken is thoroughly cooked.
3. Add onions, peppers, celery, and sausage, and cook for 5 minutes more. For more intense flavor, grill the chicken and sausage before hand.
4. Add stewed tomatoes, picante sauce (or salsa), water, rice, and hot sauce, reduce heat, and simmer the mixture for 20 minutes.
5. Remove from heat. Fold in toasted flaxseed.

Nutrition Information Per Serving

Calories 387	Fat 12 g	Fiber 7 g
Carbohydrates 52 g	Omega-3 Fats 1390 mg	Calcium 136 mg
Protein 19 g	Cholesterol 33 mg	Sodium 734 mg



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