

Chicken Jambalaya

Ingredients

- 3/4 pound boneless skinless chicken breasts, cubed
- 3 cups reduced-sodium chicken broth
- 1-1/2 cups uncooked brown rice
- 4 ounces reduced-fat smoked turkey sausage, diced
- 1/2 cup thinly sliced celery with leaves
- 1/2 cup chopped onion
- 1/2 cup chopped green pepper
- 2 to 3 tsp Cajun or Creole seasoning
- 1 to 2 garlic cloves, minced
- 1/8 tsp hot pepper sauce
- 1 bay leaf
- 1 can (14-1/2 ounces) no-salt-added diced tomatoes, undrained

Instructions

1. In a large nonstick skillet lightly coated with nonstick cooking spray, saute chicken for 2-3 minutes.
2. Stir in the next 10 ingredients. Bring to a boil.
3. Reduce heat; cover and simmer for 50-60 minutes.
4. Stir in tomatoes; cover and simmer 10 minutes longer or until liquid is absorbed and rice is tender.
5. Remove from the heat; let stand for 5 minutes.
6. Discard bay leaf.

Yield: 6 servings.

CHICKEN JAMBALAYA

"This is a great dish to serve at parties," relates Lynn Desjardins of Atkinson, New Hampshire. "It's just as good as, if not tastier than, the high-fat version. And it reheats well."

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