

A classic New Orleans dish made healthy. The kids at school have always asked for jambalaya because they know I'm from New Orleans. This kid-tailored version uses reduced-fat turkey kielbasa, and it's nowhere near as hot as the original. A bonus: It's great for the cook-a one-pot meal and leftovers (if you have any) are out of this world.

Yield

Makes 6 servings

Ingredients

- 1 2½- to 3-pound chicken, cut into 10 pieces
- 1 cup chopped onion
- 1 cup chopped celery
- 1 cup chopped green bell pepper
- 2 tablespoons safflower or canola oil
- ½ pound smoked turkey kielbasa, cut into chunks
- 1 recipe Seasoning Mix (see Notes)
- 1 tablespoon minced garlic
- ½ cup canned tomato sauce
- 1 cup chopped peeled tomatoes
- 2½ cups Basic Vegetable Stock
- 1½ cups uncooked long grain rice

Directions

1. Preheat oven to 350°F. Wash chicken. Pat dry with paper towels.
2. In a bowl combine the onion, celery, and bell pepper. Set vegetable mixture aside.
3. Heat oil in an ovenproof pot large enough to hold the rice and chicken until hot. Add the turkey kielbasa and cook until it begins to brown. Remove kielbasa from pot and set aside. Add the chicken pieces to pot, a few at a time, and brown on all sides.
4. Return kielbasa and all of the chicken pieces to pot. Stir in the Seasoning Mix, half of the vegetable mixture, and the garlic. Cook until the vegetables are tender but not brown. Stir in the tomato sauce. Bring to a simmer. Stir in the remaining vegetable mixture along with the chopped tomatoes. Remove pot from heat. Stir in the Basic Vegetable Stock and the uncooked rice.
5. Bake, uncovered, until chicken is cooked through and rice is tender, about 45 minutes. Remove from oven and stir.

Notes

Seasoning Mix:

In a small bowl combine 1 tablespoon chopped fresh thyme, 1 tablespoon chopped fresh sage, 1 tablespoon dry mustard, 1½ teaspoons salt, 1 teaspoon paprika, ½ teaspoon black pepper, and 2 bay leaves.

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Nutritional information

Nutrition Facts per serving: 492 cal., 19 g total fat (4 g sat. fat). 89 mg chol., 1,036 mg sodium. 47 g carbo., 3 g fiber. 32 g pro.

Daily Values: 19% vit. A, 49% vit. C, 6% calcium. 24% iron