

## **Sausage, Chicken, Eggplant Jambalaya...**(reduced fat, no added salt)

Smoked Sausage, Healthy Choice	7 ounces
Chicken breast, boneless, skinless, raw	12 ounces
Prudhomme's salt-free seasoning	as needed
Onions, chopped	1 cup
Celery, chopped	½ cup
Green peppers, chopped	½ cup
Garlic	3 cloves
Eggplant, peeled, cubed	2 cups (1 small)
Tomato sauce	¼ cup
Olive oil	1 Tablespoon
Rice, Uncle Ben's converted, raw	2/3 cup
Water or salt-free broth	2 cups
Green onions and parsley	as needed

Slice sausage into thin circles; cover with water in saucepan. Bring to a boil, and cook for 6-8 minutes. Drain sausage and discard liquid. Repeat this process once more, drain and discard liquid and set sausage aside.

Cut chicken breast into cubes, about 1" square, season with salt-free seasoning..

Spray Dutch oven with food spray, add olive oil and chicken cubes. Brown chicken over high heat, stirring often to brown thoroughly. Remove chicken from pot and set aside.

Add chopped onions, celery, green pepper to Dutch oven; cook until vegetables begin to stick to the bottom of the pan.. Add eggplant, tomato sauce and a small amount of water/broth to steam (soften eggplant). Cover and allow to cook for 12-15 minutes, or until eggplant is tender. Add, garlic (I use a garlic press), pre-cooked sausage, pan-browned chicken and remaining water (or broth), cover and allow to simmer for 15-20 minutes. (Taste...add more pepper, if you like, or a sprinkle of Splenda, if needed.)

Stir in raw rice, cover and simmer over low heat until rice is done, about 20-25 minutes. (Once the fire is turned off, allow pot to remain covered to allow excess liquid to be absorbed.) Stir in chopped green onions and parsley just prior to serving. (Note: if mixture is too dry, add small amount of water or broth.)

**Serving size:** ¾ cup

**Yield:** 6 servings (This freezes very nicely, and can be reheated in microwave.)

**Per Serving: Calories: 230**

**Fat: 5.17 g**

**Cholesterol: 41.5 mg**

**Sodium: 722 mg**

**Carbohydrates: 28 g**

( **Fiber: 2.17 g** )

**Protein: 16.7 g**