



Healthful Advice from our Registered Dietitian/Nutritionist, Debra Heverling, MA, RD/LDN

# Dietitian's Dish

## Stock Up for the Best Dinner Yet!

**Best Yet** foods offer a great quality at a reasonable price. When you have the opportunity, stock up to replenish your pantry and freezer. You can combine these items with a few fresh ingredients for some quick and quality meals.

This jambalaya dish from the **American Heart Association** is full of flavor, with a few healthier ingredients. Jambalaya is a staple of Louisiana cuisine, but this version features chicken and shrimp rather than smoked sausage to cut back on sodium and saturated fat.



Cool down your palette and round out your meal with a fruit and yogurt parfait or frozen yogurt bark. Many combinations of fresh and dried fruits would make for a great ending to the **best meal yet!**



## Cajun Jambalaya

### Ingredients:

- 3 1/2 cups cooked brown rice (from 1 cup uncooked rice)
- 2 tsps. canola oil
- 1 lb. boneless, skinless chicken breast, cut into 1-inch pieces
- 1 Tbsp. sodium-free Cajun or Creole seasoning
- 1 can (14.5 oz.) no-salt-added diced tomatoes
- 1 bag (14.4 oz.) frozen onion and pepper stir-fry mix, thawed
- 1/2 tsp. garlic powder
- 1/2 tsp. dried thyme, crumbled
- 1/4 tsp. salt
- 1/4 tsp. pepper
- 1/2 lb. raw medium shrimp, peeled
- 1/3 cup sliced green onions



### Directions:

1. Prepare the rice using the package directions, omitting any salt. Cover to keep warm.
2. In a Dutch oven, heat the oil over medium-high heat, swirling to coat the bottom. Add the chicken and Cajun seasoning blend. Cook the chicken for 5 minutes, or until almost cooked through, stirring constantly.
3. Stir in the tomatoes, peppers & onions, garlic powder, thyme, salt, and pepper. Bring to a boil. Reduce the heat. Simmer for 5 minutes.
4. Increase the heat to bring to a boil. Add the shrimp. Cook for 2 to 3 minutes, or until pink on the outside, stirring constantly. Stir in the cooked rice. Cook for 1 to 2 minutes, or until the rice is heated through.
5. Spoon the mixture into bowls. Sprinkle with the green onions.