Dinner Tonight!

**Jambalaya**

Non-stick cooking spray or 1 teaspoon oil  
1 cup rice, uncooked  
1 cup cooked chicken or ham, chopped  
1 small onion, chopped  
1 bell pepper, chopped  
2 stalks celery, sliced  
1 teaspoon garlic, minced  
1 - 15 ounce can low-sodium tomato sauce  

1¼ cups reduced-sodium chicken broth  
½ teaspoon red cayenne pepper  
½ teaspoon chili powder  
1 teaspoon garlic, minced

Wash your hands and clean your cooking area. Wash and prepare fresh vegetables as directed above. Spray a large skillet with non-stick cooking spray or drizzle vegetable oil. Cook chicken or ham for 2 minutes on medium to medium high heat. Add onion, bell pepper and celery to skillet. Continue to cook on medium for an additional 2 minutes or until vegetables are tender. Add tomato sauce, rice, chicken broth, and spices to the skillet. Bring to a boil, reduce heat to low, and cover. Continue cooking for an additional 15 minutes or until liquid is absorbed. Serve immediately.

Preparation Time: 10 minutes  
Cook Time: 20 minutes  
Serves: 6 (1 cup each)  
Cost Per Serving: $0.80

Nutrition facts per serving  
Calories: 190  
Total Fat: 1 g  
Saturated Fat: 0 g  
Trans Fat: 0 g  
Cholesterol: 20 mg  
Sodium: 480 mg  
Total Carbohydrate: 34 g  
Fiber: 2 g  
Protein: 12 g

Serve with: 2 inch square of low-fat cornbread