

*Sweetnicks.com*

## *Shrimp Jambalaya*

Courtesy of Cooking Light, March 1995

1/2 pound medium unpeeled shrimp  
Vegetable cooking spray  
1 tablespoon vegetable oil (I used a little more when adding the vegetables)  
1 tablespoon all-purpose flour  
1 cup chopped onion  
1 cup chopped celery (I omitted)  
1 cup chopped green bell pepper  
1/4 pound lower-salt, lean ham, diced (I used three sausages instead)  
2 garlic cloves, minced  
2 1/2 cups no-salt-added chicken broth  
1/4 cup chopped fresh parsley  
1 teaspoon dried thyme  
1/2 teaspoon salt  
1/2 teaspoon dried basil  
1/4 teaspoon black pepper  
1/8 teaspoon ground red pepper  
1 (14 1/2-ounce) can no-salt-added whole tomatoes, undrained and chopped  
1 cup long-grain white rice, uncooked

Peel and devein shrimp; set aside. Coat a large nonstick skillet with cooking spray; add the oil, and stir in flour. Cook over medium-high heat 1 1/2 minutes or until brown, stirring constantly. Add onion and the next 4 ingredients; sauté 7 minutes or until tender. Add chicken broth and next 7 ingredients; stir well, and bring to a boil. Add rice; stir well. Cover, reduce heat, and simmer 20 minutes or until rice is tender. Stir in shrimp; cover and cook 5 minutes or until shrimp is done.

Yield: 4 servings (serving size: 1 1/2 cups)

### NUTRITION PER SERVING

CALORIES 356(16% from fat); FAT 6.4g (sat 1.4g,mono 1.9g,poly 2.3g); PROTEIN 19.7g; CHOLESTEROL 79mg;  
CALCIUM 111mg; SODIUM 625mg; FIBER 2.7g; IRON 5mg; CARBOHYDRATE 53.1g