

SLOW•COOKER

jambalaya



WAC Fun Food Fact

Foods rich in potassium help to balance sodium intake, helping the body balance fluids and avoid excessive fluid retention. The crushed tomatoes and collard greens in this recipe are especially high in potassium.

INGREDIENTS

1 pound boneless, skinless chicken breast, cut into bite-size pieces
4 ounces smoked turkey sausage, chopped
3 cups chopped fresh collard greens (see Tip)
1¼ cups chopped green bell pepper
2 stalks celery, thinly sliced (1 cup)
¾ cup chopped onion
1 (28 ounce) can no-salt-added crushed tomatoes, undrained
1 tablespoon quick-cooking tapioca
4 cloves garlic, minced
1 teaspoon dried thyme, crushed
1 teaspoon crushed red pepper
8 ounces frozen peeled and deveined medium shrimp, thawed
2 cups hot cooked brown rice
Chopped fresh parsley

6 servings



Recipe of the Month | **JANUARY**

DIRECTIONS

- 1 Combine chicken, sausage, collard greens, bell pepper, celery, and onion in a 3½- or 4-quart slow cooker. Stir in tomatoes, tapioca, garlic, thyme, and crushed red pepper.
- 2 Cover and cook on Low for 5 to 6 hours or on High for 2½ to 3 hours.
- 3 If using low setting, turn to High. Stir in shrimp. Cover and cook for 30 minutes more or until shrimp are opaque. Serve over hot cooked brown rice. Sprinkle with parsley.

Tip: Rinse collard greens well and remove any tough stems or ribs before chopping.

Equipment: 3½- or 4-quart slow cooker

NUTRITIONAL INFORMATION

Serving size: 1-1/3 cups chicken mixture and 1/3 cup rice
Per serving: 292 calories; 5 g fat(1 g sat); 5 g fiber; 32 g carbohydrates; 29 g protein; 58 mcg folate; 108 mg cholesterol; 9 g sugars; 2,695 IU vitamin A; 55 mg vitamin C; 128 mg calcium; 3 mg iron; 536 mg sodium; 559 mg potassium