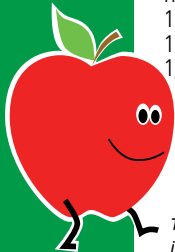


RECIPE



Slow Cooker Shrimp Jambalaya

Start to Finish: 5-6 hours Servings: 4

Ingredients:

- 1 14.5-ounce can no-salt-added tomatoes, undrained
- 1 cup water
- 1/2 cup finely chopped onion
- 1 medium rib of celery, sliced crosswise
- 1 small green bell pepper, chopped
- 2 ounces low-fat smoked ham, finely chopped
- 2 teaspoons dried parsley
- 1 teaspoon dried oregano
- 2 medium garlic cloves, minced
- 1/2 teaspoon dried thyme
- 1/8 to 1/4 teaspoon cayenne
- 1 medium dried bay leaf

- 8 ounces raw medium shrimp, thawed if frozen, peeled, rinsed and patted dry
- 1 cup frozen cut okra, thawed
- 1 cup uncooked instant brown rice
- 1/4 cup snipped fresh parsley

Directions:

1. In the slow cooker, stir together the tomatoes with liquid, water, onion, celery, bell pepper, ham, parsley, oregano, garlic, thyme, cayenne and bay leaf. Cook, covered, on low for 5 to 6 hours, or until the vegetables are tender.
2. Quickly stir in the shrimp, okra and rice and re-cover the slow cooker. Cook for 30 minutes or until the rice is tender. Discard the bay leaf. Serve the jambalaya sprinkled with the parsley.

Nutrition Information Per Serving:

196 Calories; 2.0 g Total Fat; 0.5 g Saturated Fat; 0.5 g Monounsaturated Fat; 78 mg Cholesterol; 4 g Fiber; 472 mg Sodium; 30 g Carbohydrates; 14 g Protein; 7 g Sugar

This information is courtesy of the American Heart Association, an independent company that offers health education information on behalf of your health plan.