

# CHICKEN JAMBALAYA

By Dr. Cindy Tanzar  
(Standard)

This dish is evidence that we don't have to give up all of the dishes we enjoyed when we weren't eating clean and healthy - we simply need to re-invent them. Jambalaya is a spicy, hearty and flavorful Creole creation. It's even better the next day, so you will actually look forward to the leftovers. The "Trinity" of authentic Cajun cooking is onion, bell pepper and celery. Use any color pepper you enjoy. Add as little or as much cayenne as you like to tailor the heat to your tastes.

This recipe makes 4 servings. Each serving covers your protein, veggies and fat for one meal.



## INGREDIENTS

2 links Al Fresco Sweet or Hot Italian Chicken Sausage, sliced into coins  
10 oz. chicken, small/medium diced  
2 Tbsp. avocado or coconut oil  
1 cup red or yellow onion, diced  
1 cup bell pepper, diced (any color)



1 cup celery, diced  
1 Tbsp. garlic, minced  
1 cup halved cherry tomatoes  
1 Tbsp. tomato paste  
2 green onions, sliced (optional garnish)

### Seasonings

1 tsp. garlic powder  
1-1/2 tsp. oregano (or Italian seasoning)  
1 tsp. paprika  
1-1/2 tsp. pink Himalayan salt  
1 tsp. freshly-ground black pepper  
1/2 tsp. Cayenne pepper  
1 tsp. onion powder

### Rice

2 Tbsp. avocado or coconut oil  
3 cups cauliflower rice, fresh or frozen

## **INSTRUCTIONS**

Heat 1 Tbsp of oil in a large stainless-steel pan over medium heat. Add the sliced Italian Chicken Sausage and diced chicken to the pan. Brown well on all sides, cooking until done. Remove from pan and set aside, keeping warm.

Add 1 Tbsp of oil to the same pan, along with the onion, peppers, celery and garlic. Sauté for 3-5 minutes, or until tender. Add seasonings, mixing well. Add the sausage, chicken, tomato paste and tomatoes, simmering on low heat. (Can add a bit of water, if needed)

In a separate medium pan, heat 2 Tbsp of oil on medium-high. Add the cauliflower rice, stirring frequently until tender. When done, add to the other ingredients and mix well. Garnish with sliced green onion.