

Shrimp Jambalaya

Serves 4; 1 1/2 cups per serving

Slow cooker size/shape: 3- to 4 1/2-quart round or oval

Slow cooking time: 5 to 6 hours on low plus 30 minutes on high, **OR**

2 1/2 to 3 hours on high plus 30 minutes on high

The word “jambalaya” is thought to come from *jambon*, the French word for ham. It’s a given, then, that ham is one of the primary ingredients of jambalaya; however, you don’t need much when you use smoked ham and chop it finely to distribute its distinct flavor throughout the dish.

1 14.5-ounce can no-salt-added tomatoes, undrained

1 cup water (if cooking on low) or 1 1/2 cups water (if cooking on high)

1/2 cup finely chopped onion

1 medium rib of celery, sliced crosswise

1 small green bell pepper, chopped

2 ounces lower-sodium, low-fat smoked ham, all visible fat discarded, finely chopped (about 1/3 cup)

2 teaspoons dried parsley, crumbled

1 teaspoon dried oregano, crumbled

2 medium garlic cloves, minced

1/2 teaspoon dried thyme, crumbled

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

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 on high for 2 1/2 to 3 hours, or until the vegetables are tender.

If using the low setting, change it to high. 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 Analysis (per serving)

Calories	196
Total Fat	2.0 g
Saturated Fat	0.5 g
Trans Fat	0.0 g
Polyunsaturated Fat	0.5 g
Monounsaturated Fat	0.5 g
Cholesterol	78 mg
Sodium	472 mg
Carbohydrates	30 g
Fiber	4 g
Sugars	7 g
Protein	14 g

Dietary Exchanges

- 1 1/2 starch
- 2 vegetable
- 1 1/2 lean meat

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