

Easy Chicken Jambalaya

START TO FINISH 25 minutes

- 8 oz. skinless, boneless chicken breast halves, cut into 1-inch pieces
- 2 tsp. Cajun seasoning
- 8 oz. cooked spicy or mild sausage, sliced
- 2 medium yellow, green, and/or orange sweet peppers, seeded and cut into bite-size strips
- 1 small red onion, cut into thin wedges
- 2 14.5-oz. cans no-salt-added stewed tomatoes, undrained
- Coarsely snipped fresh Italian (flat-leaf) parsley (optional)

1. In a small bowl combine chicken and Cajun seasoning; toss gently to coat.

2. Heat a 12-inch skillet over medium-high heat. Add chicken and sausage; cook for 3 to 4 minutes or until chicken begins to brown, stirring frequently. Add sweet peppers and onion; cook for 2 minutes more, stirring frequently.

3. Add stewed tomatoes, breaking up large pieces of tomato with a spoon. Cook, covered, for 5 to 7 minutes or until chicken is no longer pink. If desired, sprinkle each serving with parsley. **Makes 4 servings.**

PER SERVING 355 cal., 18 g fat (5 g sat. fat), 81 mg chol., 637 mg sodium, 23 g carb., 3 g fiber, 29 g pro.

Want to save even more time? Look for cleaned, precut veggies in your supermarket's produce section and cut-up, ready-to-use chicken breast in the meat section.

