

Shrimp, Sausage & Quinoa Jambalaya

4½ cups lower-sodium chicken broth, divided
2 cups quinoa*
1 tbsp olive oil
14 oz turkey kielbasa, sliced in ¼-inch rounds**
1 large onion, chopped
1 red bell pepper, thinly sliced in strips
2 tsp jarred garlic, minced
1 cup spicy V-8® juice
1 tsp dried oregano
1 tsp dried basil
2 shakes of Tabasco® sauce
1 lb medium raw shrimp, peeled and deveined
1 cup frozen peas
1 cup grape tomato halves

12 servings

* found in health food section at Hy-Vee

** found in lunch meat section at Hy-Vee; we used Hillshire Farm® brand

1. Rinse and drain quinoa. Combine 4 cups chicken broth and quinoa in a medium saucepan. Bring to a boil, reduce heat to low, cover and cook 15 minutes.
2. Heat oil in a skillet and add kielbasa, onion, bell pepper and garlic. Saute about 10 minutes or until vegetables are tender. Add remaining broth, V-8 juice, oregano, basil and Tabasco; bring to simmer. Add shrimp and simmer 5 minutes or until done.
3. Add peas, tomatoes and cooked quinoa. Toss and serve.

Nutrient Value (1 cup serving)

Calories: 212

Carbohydrates: 24 grams

Protein: 15 grams

Saturated Fat: 1 gram

Fiber: 3.5 grams

Nutrition Center
UI College of Public Health
www.uiowanutritioncenter.org