

EASY & HEALTHY CHICKEN JAMBALAYA



VantageWellness.com

Ingredients

Yield: 6

- 4 chicken breasts cooked & diced
- 2 cans rotel tomatoes
- 1 tsp minced garlic
- ½-1 small bag frozen onions and bell pepper blend
- 1 c brown rice (not instant rice)
- Dash of sea salt and pepper
- Dash of Cajun seasoning if desired

Directions

1. Cook chopped chicken breast. Then add frozen seasoning blend, rotel tomatoes, and garlic to chicken. Season with salt, pepper and cajun seasoning.
2. Add uncooked rice to mixture and follow directions on rice package (water, and cooking time). Make sure to add the amount of water that it calls for in the chicken and vegetable mixture. Simmer mixture until rice is done cooking.

Nutritional Information

Serving:	Calories	Fat	Protein	Carbohydrates	Sodium
1 cup	195	3.5 g	30 g	14 g	Mg

Carbohydrate Exchanges: 1