

Shrimp Jambalaya

1/2 lb. medium shrimp, unpeeled
Vegetable cooking spray
1 tbsp. vegetable oil
1 tbsp. all-purpose flour
1 cup onion, chopped
1 cup celery, chopped
1 cup green bell pepper, chopped
1/4 lb. lean ham, cubed
2 cloves garlic, minced
2 1/2 cups chicken broth
1/4 cup parsley, fresh, chopped
1 tsp. basil, dried
1/4 tsp. black pepper
1/8 tsp. red pepper, ground
1 can whole tomatoes, no-salt-added,
undrained, chopped
1 cup long-grain white rice, uncooked

Peel and devein shrimp; set aside. Coat a large nonstick skillet with vegetable cooking spray; add the oil, and stir in flour. Cook over medium-high heat 1 1/2 minutes or until brown, stirring constantly. Add onion and the next 4 ingredients; stir well, and bring to a boil. Add rice. Stir well. Cover; reduce heat, and simmer 20 minutes or until rice is tender. Stir in shrimp; cover and cook 5 minutes or until shrimp is done. Makes 4 servings.

Nutrition information per serving (1-1/2 cups): calories 342; protein 28 grams; fat 8 grams; sodium 1117 mg