

Shopping List: 3 Recipes for a Healthy Cajun Feast

Fresh Produce

1 bunch celery (enough for 1 cup chopped)
2 small onions
1 clove garlic
1 small bunch of green onions
1 medium green bell pepper
1 bunch of parsley
1 large bell pepper
1 cup fresh tomatoes
3 bananas
1 lemon

Dry Goods

1 (14.5 oz.) can of no salt added diced tomatoes
1½ cups of uncooked brown rice
Low-sodium chicken bouillon
1 bay leaf
1 bag of brown sugar

Dairy

1 package of unsalted butter

Frozen

1 (16 oz.) package frozen cut green beans

Meat or Substitutes

14 oz. low-fat turkey kielbasa
1 lb. boneless skinless chicken breast

Pantry Staples

Add items to list if you don't already have them

Nonstick cooking spray
Cayenne pepper
Vegetable oil
Salt
Cinnamon

Jumpin' Jambalaya

Here is a jambalaya that your family can enjoy. It has lots of flavor, veggies, and tasty low-fat meats! Green salad is a nice side dish.

Makes 9 servings. 1 cup per serving.

Ready in 1 hour 5 minutes.

Ingredients

14 oz. low-fat turkey kielbasa
1 lb. boneless, skinless chicken breast
Nonstick cooking spray
1 medium celery stalk, chopped
2 small onions, chopped
4 cloves garlic, chopped
1 small bunch green onions, chopped
1 medium green bell pepper, chopped
1 (14½-oz.) can of diced tomatoes, no salt added
1½ cups uncooked brown rice
4 cups water
2 cubes, low-sodium chicken bouillon
1 bay leaf
1½ teaspoons cayenne pepper
3 Tablespoons parsley, finely chopped

Directions

1. Wash chicken and pat dry. Cut the chicken breast and kielbasa into 1-inch chunks.
2. Spray a medium-sized pan with nonstick cooking spray. Brown the sausage and chicken over medium heat and remove from the pan.
3. Add next 6 ingredients to the same pot and cook over medium heat for 10 minutes.
4. Put the cooked meat back in the pot; add the rice, water, chicken bouillon cubes, bay leaf, and cayenne pepper.
5. Bring to a boil. Cover, reduce heat, and let simmer for about 50 minutes or until the water has evaporated.
6. Stir in parsley and serve warm.

Nutrition information per serving: Calories 250, Total fat 4g, Saturated fat 1g, Carbohydrates 22g, Protein 3g, Fiber 5g, Sodium 531mg

Recipe Source: National Heart, Lung, and Blood Institute (NIH)

Creole Green Beans

Spice up your everyday dinners with this jazzy dish.

Makes 8 servings. 1 cup per serving.

Ready in 25 minutes.

Ingredients

- 2 teaspoons vegetable oil
- 2 small cloves garlic, chopped
- 1 (16-oz) package frozen cut green beans
- 1 cup chopped red bell pepper
- 1 cup chopped fresh tomatoes
- ½ cup chopped celery
- ½ teaspoon salt
- ¼ teaspoon cayenne pepper

Directions

1. Heat oil in a large skillet over low heat.
2. Sauté garlic in oil for 1 minute.
3. Add green beans and bell peppers; increase heat to medium and cook for 7 minutes.
4. Stir in tomatoes, celery, and seasonings; cook for 7 minutes more. Serve while hot.

Nutrition information per serving: Calories 35, Total fat 1g, Saturated fat 0g, Carbohydrates 6g, Protein 1g, Fiber 2g, Sodium 159mg

Recipe Source: Nutrition Education and Obesity Prevention Branch (NEOPB)

Cinnamon Sautéed Bananas

These sautéed bananas are great for the whole family to enjoy as a tasty treat.

Makes 3 servings. 1 banana per serving.
Ready in 10 minutes.

Ingredients

3 bananas, firm but ripe
1 Tablespoon unsalted butter
2 Tablespoon brown sugar
½ teaspoon cinnamon, adjust to taste
1½ teaspoon fresh lemon juice

Directions

1. Peel bananas and cut in quarters, first by cutting in half widthwise then lengthwise.
2. In a skillet, over low heat: add butter, brown sugar and cinnamon; stir until bubbly.
(For extra flavor, add 1-2 tsp of vanilla extract.)
3. Add banana quarters, cut side down; sauté 1-2 minutes or until golden brown.
4. Turn over and sauté the other side, until golden brown.
5. Sprinkle with the lemon juice.
6. Serve warm, drizzle pan juice over bananas.

Nutrition information per serving: Calories 170, Total fat 4g, Carbohydrates 35g, Fiber 4g, Sodium 0mg

Recipe Source: City and County of San Francisco Department of Public Health, Nutrition Services and Mission Latino Family Partnership (MLFP)