

Rustic Paella

Serving Size: 1 sixth of recipe

Serves: 6

Ingredients

2 tablespoons olive oil
1 large onion, chopped
3 cloves garlic, minced
2 boneless skinless chicken breasts, cut into bite size pieces
7 oz boneless lean pork, cut into bite size pieces
1 cup fresh mushrooms, sliced
1 each green and red bell pepper, chopped
1½ cups brown rice
3 cups low sodium chicken broth
1 cup frozen peas and carrots, thawed
1 large tomato, chopped
2 fresh lemons, washed and quartered
3 tablespoons turmeric
¼ cup chopped parsley
3 tablespoons fresh thyme leaves
Dash of salt
½ teaspoon coarse black pepper

1 tablespoon butter
½ pound frozen shrimp, thawed

Directions

In a large skillet, sauté the onion in the oil until soft, about 2 minutes. Add the garlic, chicken, pork, mushrooms and bell peppers and sauté just long enough to brown the outside of the meat. Stir in the rice and sauté for 1 minute more.

Add the chicken broth and the remaining ingredients except the butter and shrimp.

Bring to a boil, reduce heat, cover and simmer for 25-30 minutes or until the liquid is absorbed and the rice is tender.

Meanwhile in a separate sauté pan, heat the butter and sauté the shrimp just until tender. Stir the shrimp into the rice mixture and serve.

Exchanges per serving:

3 Lean Meats, 2 Starches, 3 Vegetables, 1 Fat

Nutrients per serving:

Calories: 425

Calories from fat: 97

Total Fat: 11g

Cholesterol: 100mg

Sodium: 255mg

Total Carbohydrate: 51g

Dietary Fiber: 6g

Protein: 32g