

Speedy Crawfish Jambalaya

Speedy yummy jambalaya style five ingredient recipe that *Knock Knock Children's Museum* uses in their *Pelican Pantry section* to feature healthy Louisiana recipes made in minutes. Serve over rice.

Makes 4 (2/3 cup) servings plus rice

- 1 (16-ounce) jar salsa
- 6 ounces reduced-fat smoked sausage, diced
- 1 cup Louisiana crawfish tails, rinsed and drained
- 1 teaspoon dried thyme leaves
- 1 bunch green onions, chopped



1. In large nonstick skillet, cook sausage, stirring, about 3 minutes until starts to brown. Add salsa and thyme, bring to a boil, lower heat and continue cooking another 5 minutes until sausage is done.
2. Add crawfish and green onions; cook 5 minutes more or until well heated.

Nutritional information per serving: Calories 171, Protein (g) 13, Carbohydrate (g) 13, Fat (g) 6, Calories from Fat (%) 34, Saturated Fat (g) 2, Dietary Fiber (g) 3, Cholesterol (mg) 83, Sodium (mg) 756, Sugars (g) 6 Diabetic Exchanges: 2 lean meat, 2 vegetable

Quick Tip: One-half cup salsa is equal to one serving of vegetables. Add salsa to your favorite recipe to sneak in those veggies.