

Faux Gumbo

Makes 4 Servings

4 teaspoons reduced-calorie margarine
1 green bell pepper, seeded and chopped
1 celery stalk, chopped
6 scallions, sliced
1 garlic clove, minced
One 14 ½ ounce can no-salt-added crushed tomatoes
2 cups low-sodium chicken broth
1 cup trimmed slices fresh or thawed frozen okra
½ teaspoon dried thyme leaves, crumbled
1 bay leaf
⅛ – ¼ teaspoon cayenne pepper
½ cup regular long-grain rice
½ pound shrimp, peeled and deveined
¼ pound boneless chicken breast, cut into ½” pieces
One 2” piece kielbasa, cut into 8 slices

1. In a large nonstick saucepan, melt the margarine. Sauté the bell pepper, celery, scallions and garlic until softened, about 5 minutes. Stir in the tomatoes, broth, okra, thyme, bay leaf and cayenne; bring to a boil. Reduce the heat and simmer, covered, 15 minutes.
2. Stir in the rice and simmer, covered, 15 minutes. Add the shrimp, chicken and kielbasa; simmer, covered, until the shrimp is pink, the chicken is cooked through and the rice is tender, about 5 minutes longer. Discard the bay leaf.

Per serving: 255 Calories, 9 g Total Fat, 3 g Saturated Fat, 58 mg Cholesterol, 297 mg Sodium, 28 g Total Carbohydrate, 4 g Dietary Fiber, 17 g Protein, 101 mg Calcium.
Points per serving: 5.

Source: Weight Watchers® New Complete Cookbook, published 1998, pg. 82