

Jambalaya

1 tablespoon extra virgin olive oil
4 ounces firm tofu, cut into ½ -inch cubes
8 ounces meatless sausage links, cut into ½-inch pieces
1 onion, chopped
1 cup chopped celery
1 clove garlic, minced
1 green bell pepper, chopped
1 15-oz can diced tomatoes
2 tablespoons tomato paste
1 teaspoon filé powder
1 tablespoon chopped fresh parsley (or 1 teaspoon dried)
½ teaspoon dried thyme
½ teaspoon Tabasco sauce
Cooking spray

1. Heat the oil in a large skillet over medium-high heat. Add tofu, meatless sausage, and brown lightly; set aside.
2. In a pot, sauté onion, celery, bell pepper, and garlic with cooking spray (or in a small amount of water) over medium heat. Sauté until onion is translucent; then add tomatoes, tomato paste, filé powder, parsley, thyme, and Tabasco. Stir to combine, and add browned tofu and meatless sausage. Simmer 20 minutes. Adjust seasonings, adding more Tabasco if desired. Serve over freshly cooked brown rice.

Makes 6 to 8 servings. *Per serving: 113 calories, 4 grams fat, 9 grams carbohydrate, 356 mg sodium, 2 grams fiber, 0 mg cholesterol.* Adapted from *365 Ways to Cook Tofu*.

Considerable revisions were made on this recipe. Simply because a product is vegetarian does not necessary mean it is heart healthy. Revisions include a reduction of oil and Tabasco sauce, the elimination of salt, and the addition of more tomatoes. The tempeh was removed because consuming three types of soy products at once may be difficult to digest for the novice soy eater. A final revision is the use of extra virgin olive oil, a more heart-friendly choice than corn oil.

The spice in this recipe, filé powder, is a combination of sassafras and thyme. When choosing meatless sausage links, look for a product containing 3 grams of fat or less per serving and less than 300 mg of sodium per serving (try Lightlife Smart Links (Italian), which is available at local health food stores). If you prefer a meat-based sausage follow the same guidelines.

Your Partners in Health,
Candace and Lucy