

## Paella

*This classic Spanish dish from Valencia is delicious and healthy; it makes a complete meal on one plate and is a great illustration of the versatility of rice. You can choose different proteins to make this dish different each time you serve it.*

### Ingredients:

- 1 clove garlic, minced
- 25 ml extra virgin olive oil
- 2 hot or sweet Italian sausage links
- 400 g chicken pieces or 1 chopped chicken breast
- 250 ml long grain rice
- 1 onion chopped
- 325 ml chicken broth
- 250 ml diced tomatoes, with juice
- 2 ml sweet paprika
- 1-2 ml ground red pepper
- 1 ml ground saffron
- 250 g medium shrimp, peeled and deveined
- 1/2 red bell pepper cut into strips
- 1/2 green bell pepper cut into strips
- 125 ml frozen green peas

### Instructions:

1. Heat the garlic and oil in large skillet or paellero (special paella pan) over medium-high heat. Remove the sausage meat from its casings. Add the chicken and sausage to oil and stir until browned, about 10 minutes. Spoon off all but 1 tablespoon drippings from the skillet.
2. Add the rice and onion. Cook, stirring, until the onion is transparent and rice is lightly browned, about 5 minutes. Add the broth, tomatoes and their juice, paprika, red pepper, and saffron. Bring to a boil; reduce heat, cover, and simmer for 10 minutes.
3. Add the shrimp, red and green pepper strips, and peas. Cover and simmer for 15 minutes, or until rice is tender and liquid is absorbed. Serve immediately.

### Nutritional Analysis:

Calories: 364

Protein: 23 grams

Fat: 13 grams - Saturated Fat: 3 grams

Carbohydrates: 39 grams

Fiber: 3 grams

Sodium: 588 mg