**Chicken and Sausage Jambalaya**

- 2 large yellow onions, chopped
- 1 large green bell pepper chopped
- 1 cup chopped celery
- 4 garlic clove, minced
- 3 vegetable oil
- 1 pound smoked sausage (Andouille, Kielbasa, etc. sliced ¼ inch thick)
- 4 medium tomatoes, peeled and chopped
- ½ cup tomato paste
- 2 cups cooked chicken (Rotisserie or grilled for the grocery deli)
- ½ teaspoon Tabasco
- 2 bay leaves
- ½ teaspoon dried thyme
- ¼ teaspoon basil
- ¼ teaspoon paprika
- 1 ½ teaspoon cayenne pepper
- ¼ teaspoon whole allspice
- 4 cups of chicken broth
- 1 ½ cups uncooked long grain rice

1. In a large, heavy pot over medium heat, sauté onion, bell pepper, celery and garlic in oil
2. Add sausage and cook, stirring occasionally, until vegetables are tender, approximately 8 to 10 minutes
3. Add tomato sauce, tomatoes, chicken, Tabasco, and spices
4. Simmer uncovered for 15 minutes
5. Add chicken broth, bring to a quick boil and add rice
6. Cover pot and reduce heat
7. Simmer 15 minutes. If necessary, add more broth or water and cook until rice is tender

*Makes 4 to 6 servings*

---

**Spinach Salad with Dressing**

- 1 tbsp olive oil
- 2 tbsp red onion, minced
- ½ cup cider vinegar
- ½ tsp sugar
- 1 tsp Dijon mustard
- 1 tbsp salt and pepper to taste
- 1 boiled egg, chopped
- ¼ cup tomatoes, chopped
- 1 lb. fresh spinach, coarse stems discarded and leaves washed well and spun or pat dry

1. In a large skillet, or medium sauce pan, heat olive oil
2. Cook the onion for one minute
3. Add the vinegar, sugar, mustard and salt and pepper to taste
4. Bring to a boil, pour dressing over spinach, boiled egg, tomatoes and toss

*Makes 4 to 6 servings*

---

**Strawberry Lemonade Slush**

- 4 cups frozen strawberries
- 2 cup Simply Lemonade
- Fresh Mint

1. In blender, add strawberries and lemonade and blend for 20 seconds
2. Add additional ice cubes until thickened
3. Pour into glasses and garnish with mint

*Makes 4 to 6 servings*