Jambalaya
Serves 6 (1 cup/serving)

- 1 1/2 teaspoons canola oil
- 6 ounces andouille sausage, chopped
- 6 ounces chicken breast, diced
- 1 cup chopped onion
- 1 cup chopped green bell pepper
- 1/2 cup chopped celery
- 5 garlic cloves, minced
- 2 cups cooked whole-grain rice
- 1/2 teaspoon ground red pepper
- 2 1/2 cups chicken broth
- 1/2 teaspoon salt
- 1 (14.5-ounce) can unsalted diced tomatoes, undrained
- 3 tablespoons sliced green onion

1. Heat a large skillet over medium-high heat. Add oil to pan; swirl to coat. Add sausage and chicken; sauté 4 minutes or until browned. Reduce heat to medium. Add onion, bell pepper, and celery; cook 8 minutes, stirring occasionally. Add garlic; cook 1 minute, stirring constantly.

2. Stir in rice and red pepper; cook 1 minute, stirring frequently. Stir in broth, salt, and tomatoes; bring to a boil. Cover, reduce heat, and simmer 20-25 minutes or until liquid is nearly absorbed. Remove from heat; sprinkle with green onions.

Oven Fried Okra
Serves 4 (1 cup/serving)

- 1 16-oz pkg frozen cut okra
- butter flavored cooking spray
- ¼ cup yellow cornmeal
- ¼ cup panko bread crumbs
- ½ tsp garlic salt
- ¼ tsp black pepper

1. Preheat an oven to 375 degrees F (190 degrees C). Place a baking rack on top of a baking sheet or sheet pan.

2. Cook the frozen okra in the microwave using your microwave’s frozen vegetable setting, or on high for 8 minutes. Drain and cool on paper towels, about 5 to 10 minutes. Spray generously with butter flavored cooking spray. Add the cornmeal, panko bread crumbs, garlic salt, and pepper to a plastic food storage bag. Place the okra into the bag and shake to coat the okra with the cornmeal mixture.

3. Remove the okra from the bag and spread it on the prepared baking rack. Bake in the preheated oven until golden brown and crispy, about 15 to 20 minutes.
Easy King Cake
Serves 12 (1 thin slice/ serving)

- 1 (12 ounce) can crescent rolls
- ¼ teaspoon cinnamon
- ¼ cup margarine, melted
- 1 (21 ounce) can fruit pie filling (blueberry, cherry, etc)

Ingredients for icing:
- 1 cup powdered sugar
- 1 Tbsp lemon juice
- 1 Tbsp water

Ingredients for decorations:
- 1 (8 ounce) package Neufchatel cream cheese
- 1 cup powdered sugar
- Sugar sprinkles (gold, green, purple)
- Little baby or quarter of an orange

1. Unroll dough in one piece. Press seams together to form one piece of dough.
2. Mix together margarine and cinnamon, gently spread over the dough on both sides.
3. Mix cream cheese and powdered sugar. Drop teaspoons over the top of the dough. Drop teaspoons of pie filling over the dough as you did the cream cheese.
4. Starting on the long end, carefully roll the dough, horizontally, with the filling and cream cheese inside. Insert plastic baby or orange at any place within the dough.
5. Place on baking pan with the seam side down in a circle, pinching the ends together.
6. Bake at 350 for 15-20 minutes or until golden brown.
7. While the cake is baking, make the icing: Combine 1 cup of powdered sugar, 1 tbsp lemon juice and 1 tbsp water until smooth.
8. When cake has cooled, pour icing over the top of the cake. Sprinkle with the colored sugar, alternating the three colors as you go around the circle.