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Turkey Sausage with Cajun Rice



Where service *and savings* matter.

SERVINGS: 4-6 slightly spicy servings

INGREDIENTS:

NUTRITIONALS

Nutritional analysis per serving:
calories 360, calories from fat 80,
total fat 9g, saturated fat 3g,
cholesterol 75mg, sodium 1540mg,
total carbohydrate 46g, dietary
fiber 0g, sugars 2g, protein 22g,
vitamin A 20%, vitamin C 15%,
calcium 8%, iron 15%

16 oz Hillshire Farm Turkey Polksa Kielbasa (turkey sausage)
1 box Zatarain's Reduced Sodium Jambalaya Mix

DIRECTIONS:

Prepare Jambalaya according to package directions. Slice turkey sausage into 1/2 inch slices and cook in skillet over medium heat until both sides are lightly browned. Mix turkey into Jambalaya mix and serve.

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★ Turkey Sausage with Cajun Rice ★ *Shopping List*

MEAT/POULTRY/SEAFOOD:

- 16 oz Hillshire Farm Turkey Polksa Kielbasa (turkey sausage)

**WHOLE GRAINS/
BREADS/ PASTA:**

- 1 box Zatarain's Reduced Sodium Jambalaya Mix

**GROCERY/FROZEN/
MISCELLANEOUS:**

Grilled vegetables (food service)