

Chicken and Chorizo Paella



Serves 5

Ingredients:

- 10 ounces chorizo or other spicy sausage
- 2 boneless skinless chicken breasts, cut into bite-size pieces
- 1 teaspoon paprika
- 1 teaspoon cumin
- 1/2 teaspoon salt
- 1/2 teaspoon pepper
- 1 medium onion, sliced
- 1 red pepper, sliced

- 1 large tomatoes, sliced
- 3 garlic cloves, minced
- 1 pinch saffron
- 1 cup chicken broth
- 1/2 head cauliflower, grated with box grater (to resemble rice)

Instructions:

1. In a large skillet, brown chorizo until crispy. Remove with slotted spoon leaving fat in the pan. Toss chicken with paprika, cumin, salt, & pepper. Cook in chicken in chorizo fat until cooked through. Remove from pan and set aside with chorizo.
2. Add onion and pepper to the skillet, cook until tender. Add tomatoes and garlic and continue cooking, scraping up brown bits as they form. Add salt and pepper to taste.
3. This mixture will begin to look brown and thick. Add chicken broth and saffron and continue stirring until liquid is reduced and thickened slightly.
4. Add chorizo, chicken, and cauliflower.
5. Cook until cauliflower just tender, about 5 minutes. Serve.

Nutrition per serving: Calories 376; Total Fat 24.2 g; Saturated Fat 8.8 g; Monounsaturated Fat 11.2 g; Polyunsaturated Fat 2.5 g; Total Carbohydrates 10.3 g; Dietary Fiber 2.7 g; Sugar Alcohols 0.2 g; Sugars 5.3 g; Protein 29.0 g; Sodium 1175 mg