

## JAMMIN' TO GUMBO

**G**umbo originated in Louisiana, but is a very international dish mixing flavors from France, Spain and West Africa. The name is derived from *kingombo*, which is the West African Bantu name for okra, a key ingredient in African cuisine.

There are different styles of **gumbo**, depending on the ingredients used. The recipe varies from region to region. For example, the Acadiana gumbo is

quite thick, whereas on the Gulf coast it might be cooked without any *roux* (mixture of flour and fat). The recipe below is rich in flavor, but lower in fat and starch compared to many traditional recipes.

**Okra is a key ingredient.** Its “gooiness” is due to soluble fiber, which can slow down the absorption of glucose, and help reduce cholesterol as part of a healthy diet.



**Okra facts:** this plant originated in Africa, but is now grown around the world in many warm regions.

**Cultural tip:** Gumbo is a typical Creole Christmas dish, but in the Cajun tradition gumbo is served for Christmas, Easter and other holidays as well (source: *Cultural Food Practices, Diabetes Care and Education Practice Group, 2010*).



### Preparation tips:

- ★ Before you start cooking, chop/dice all the ingredients.
- ★ Go low sodium for the canned diced tomatoes.
- ★ If you serve with brown rice remember that 1/3 cup cooked rice provides 15 g carbohydrates
- ★ Since this is a labor-intensive recipe, make more and save the leftovers for a couple of days.

## JAMMIN' GUMBO

### Ingredients for 6 servings:

- 4 tablespoons canola oil
- 2 tablespoons white flour
- 1 onion; 2 garlic cloves; 2 large red bell peppers; 2 celery stalks
- 1 bay leaf; 1/4 cup minced parsley
- 3 oz extra-lean ham, diced
- 6 oz boneless, skinless chicken thighs, quartered
- 2 teaspoons cayenne pepper
- 1 lb or frozen sliced okra
- 2 cups canned diced tomatoes
- 1 lb medium deveined shrimp

**Directions:** Dice vegetables. Heat oil, mix in flour and stir

constantly for 5 minutes. Add onion, garlic, bell pepper and celery. Cook until soft. Add ham, chicken, bay leaf, and cayenne pepper and stir for 5 minutes. Add tomatoes and 1/2 cup cold water. After 5 minutes, stir in the frozen okra. Cover and simmer for 20-30 minutes, until the chicken is well cooked. Stir in shrimp, wait 5-10 minutes. Sprinkle the parsley before serving and enjoy!

**1 serv. = 25 g carbohydrates**