

## Healthy Meals with Nathan Cox

### JAMBALAYA DINNER

#### Ingredients:

- Jambalaya rice mix
- Water
- Green onions
- Bell pepper
- 1 Can of tomatoes
- 1/2 Can of tomato paste
- Olive oil
- Shrimp
- Sausage
- Chicken
- Cilantro

1. Put 2 cups of water in a sauté pan, add a little bit of olive oil, cover, and bring to a boil.
2. Dice chicken, sausage, and chicken.
3. Chop bell pepper, green onions, and cilantro.
4. Once water is boiling, add box of jambalaya rice, and reduce heat.
5. Allow rice to cook for a few minutes and then add chicken, sausage, onions, bell pepper, and tomatoes.
6. Simmer for approximately 10 minutes. Add in shrimp and tomato paste.
7. Continue cooking until chicken is fully cooked and rice is tender.
8. Plate and top with Cilantro for garnish.



## SALMON DINNER

### Ingredients:

- Salmon
- Spinach
- Olive oil
- Liquid aminos
- Spices (your choice)

1. Drizzle olive oil over top of salmon and sprinkle with your choice of spices. Nathan used pepper, garlic salt, and Trader Joe's "Everything But the Elote" spice mix.
2. Drizzle top of salmon with liquid aminos. Use your knife to smooth oil, liquid aminos, and spice over the top of Salmon.
3. Preheat oven to broil.
4. Put salmon on a broiling pan and cook for 15-20 minutes.
5. Heat olive oil in pan and sauté spinach until wilted.
6. Remove salmon from oven and plate with spinach.

