

See Food Paella

Courtesy of Carole's Creations

Total Time: 45 minutes

Serves: four 1-1/2 cups

CChints: This recipe is a play on words because you are using seafood but this makes so much all you See if Food. The steps you take to make this recipe come very quickly, so you will want to prep 90% of it before you start. Saffron threads can be a little pricy but you don't use very much and it goes a long way. Many people like Paella, but they don't like seafood or spicy food. This recipe gives you options. If you live in an area where you can get fresh seafood, use it. Some live in areas where the fish has been previously frozen when it is on display in your supermarkets refrigerated case. When it does on sales, ask your market person if they still have it frozen. If they do, buy what you need or even more because you can keep it frozen until needed. Cooking sprays can damage the finish of some nonstick skillet, use oil instead.



See Food Paella options A or B:

A) 1/2 pound each of:

Shrimp, shelled and deveined

Scallops, Sea or Bay style

14 ounces Kielbasa Turkey Sausage

B) 1-1/2 cup cooked chicken or turkey cut into small bite size pieces
14 ounce Kielbasa Turkey sausage

14 ounce can fat-free, low-sodium chicken broth

1/4 teaspoon saffron threads

2 Teaspoon olive oil, divided

See food option A or B from above

1/2 cup red bell pepper, chopped

1/2 cup onion, chopped

4 gloves garlic, minced, fresh or from a jar

1 cup uncooked brown or white rice

1/3 cup dry white wine, optional

3/4 teaspoon Smoked paprika

14 ounce can diced tomatoes, slightly drained

1-1/2 cups frozen peas, thawed

In a small sauce pan over medium heat add broth and saffron. Bring to a simmer and remove it from the heat. Heat a large nonstick skillet (11" or larger) over medium heat and add only 1 tablespoon of oil. Cut the sausage link in half lengthwise and then into 1/2 inch thick pieces. Add to skillet and brown on both sides, about 5 minutes total.

Add the onions and peppers; and continue to cook for 4 minutes. Stir in the garlic and cook 2 minutes. Add the uncooked rice, cook 3 minutes, stirring constantly. Add the wine and cook 1 minute, scraping the pan to loosen the yummy brown bits on the bottom. NOTE: if you are not using wine, just use 2 tablespoons of your prepared chicken broth.

Add the saffron chicken broth, paprika and tomatoes. Bring to a boil. Reduce the heat, cover and simmer 10-15 minutes or until the rice is tender. Stir in the scallops from See Food Option A or the cooked chicken from option B along with the peas and cook 2-3 minute. If using option A, add the shrimp and cook another 2-3 minutes. The shrimp are done when they turn pink and start to curl.

Serve alone or with a size salad.