

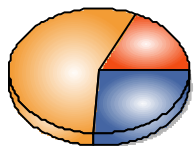


Paella - Super Recipe

By: Modified by Dr. Jez from Dr Walford

Recipe grams: 2580.49g/91.0oz

Serves 6 430.08g/15.2oz per serving



Protein: 42%
Carbohydrates: 47%
Fat: 10%

INGREDIENTS

18 oz BROTH, BEEF, PREPARED
3 strip CELERY, RAW
3/4 cup WILD RICE, RAW
9 oz CHICKEN BREAST, BONELESS, ROASTED, MEAT ONLY
3 small RED PEPPER, SWEET, RAW
3 cup GREEN PEA, RAW
6 oz SHRIMP, RAW
27 sprigs CORIANDER, RAW (CILANTRO, CHINESE PARSLEY)
6 cloves GARLIC, RAW
1 1/2 oz WHEAT GERM, CRUDE
6 oz CLAM, CANNED
0.38 cup BROWN RICE, MEDIUM GRAIN, RAW

DIRECTIONS

* This is a Mega-Meal recipe. Fewer than 20% of the calories are from fat and over 60% of your Recommended Daily Allowances are in each serving. Serves 6.

Additional herbs needed: 1 tsp cumin, 1/2 tsp oregano, 1/2 tsp saffron, black pepper.

Dice red pepper, and break the cooked chicken into bite size pieces.

Soak kombu, if desired for 15" and cut with scissors into bite size pieces.

In a large heavy pot bring the broth to a gentle boil. Slowly add 1 tsp cumin seeds, celery and rice. Cover, simmer for 25". Rice should be slightly undercooked.

Add the cooked chicken, kombu, red pepper, peas, wheat germ, and oregano. Add a 1/2 cup wine or broth. Cover and cook over low heat 5 minutes. Add the garlic, saffron, and coriander (cilantro). Stir, then add black pepper. Mix in the shellfish, stir well, cover and simmer 5 minutes.

Nutrition Facts

Serving Size: 1 serving (430.1g)
Servings: 1

Amount Per Serving	
Calories 380	Calories from Fat 40
% Daily Value*	
Total Fat 4.5g	6%
Saturated Fat 1g	4%
Trans Fat 0g	
Cholesterol 100mg	35%
Sodium 560mg	25%
Total Carbohydrate 45g	15%
Dietary Fiber 7g	30%
Sugars 6g	
Protein 40g	
Vitamin A 50%	Vitamin C 180%
Calcium 10%	Iron 70%
*Percent Daily Values are based on a 2,000 calorie diet.	