



Spanish Rice & Garlic Shrimp

Info:

Makes 4 Servings 365 Calories per Serving

LOW CAL **SPICY**

Ingredients:



Rice:

- ❖ 1 Box Rice-a-Roni Spanish Rice (or your favorite brand)
- ❖ 1 Medium Yellow Onion, coarsely chopped
- ❖ 1 14oz Can Diced Tomatoes & Jalapenos with juice
- ❖ 1 14oz Can Diced Tomatoes with juice
- ❖ 1 Clove Garlic, minced
- ❖ Cayenne Pepper, to taste
- ❖ Crushed Red Pepper Flakes, to taste
- ❖ Cooking Spray

Shrimp:

- ❖ 1 ½ lb Raw Jumbo Shrimp, peeled (defrost before cooking)
- ❖ 1 Tbsp Coarse Kosher Salt
- ❖ 5 Cloves Garlic, minced

Preparation:



1. Prepare the Spanish Rice in a deep skillet or large pot according to directions on box, but substitute cooking spray for butter.
2. Dry the shrimp and cover with salt for 10-15 minutes
3. In a separate pan sauté garlic and onions until tender.
4. When the box says to add tomatoes, add onions and garlic as well, cover and simmer.
5. Add spices to taste.
6. For the shrimp, spray frying pan and sauté garlic for 1 minute over med to med-high heat
7. Add shrimp and sauté 2 minutes, flip and sauté another 1 minute.
8. Cut each shrimp into 4 - 5 bite-sized pieces, add to rice, serve hot!