

# Peppery Shrimp with Vegetables and Rice

Prep Time 30 mins | Cook Time 30 minutes | Yields 6 servings



## INGREDIENTS

- 1 packet of rice\*
- 1 teaspoon paprika
- ½ teaspoon garlic powder
- ½ teaspoon dried oregano, crushed
- ¼ teaspoon ground pepper
- 1 pound peeled and deveined shrimp, thawed if frozen
- 3 scallions
- 2 tablespoons olive oil, divided
- 1 coarsely chopped zucchini
- 1 coarsely chopped green bell pepper
- 1 cup cherry tomatoes, halved
- ½ teaspoon salt

(\*Note: I used the Seeds of Change – Quinoa & Brown Rice with Garlic packet pictured below. The nutrition facts reflect using that packet of rice and medium sized shrimp.)

## INSTRUCTIONS

- 1) Heat grill to 400.
- 2) Place shrimp in a medium bowl. Combine paprika, garlic powder, oregano, pepper, and cayenne in a small bowl. Sprinkle the spice mixture over the shrimp; toss to coat and set aside.
- 3) Spray grill plan with 1 tablespoon olive oil
- 4) When grill is ready, place shrimp on grill pan and grill for 12 minutes or until opaque, flipping half way through.
- 5) While shrimp are cooking, cook rice according to package directions.
- 6) Slice scallions, separating white and green parts. Heat 1 tablespoon oil in a large skillet over medium-high heat. Add the scallion whites, zucchini, and bell pepper; cook, stirring occasionally, until the vegetables are tender, about 5 minutes. Add tomatoes and cook until softened, 2 to 3 minutes more.
- 7) When the rice is finished, add the rice to the skillet. Add salt; toss to combine.
- 8) Serve the shrimp with the vegetable mixture. Top with the scallion greens, if desired.

Nutrition Facts	
Servings 6.0	
Amount Per Serving	
calories	237
% Daily Value *	
Total Fat	7 g 11 %
Saturated Fat	1 g 4 %
Monounsaturated Fat	3 g
Polyunsaturated Fat	1 g
Trans Fat	0 g
Cholesterol	153 mg 51 %
Sodium	553 mg 23 %
Potassium	352 mg 10 %
Total Carbohydrate	22 g 7 %
Dietary Fiber	3 g 11 %
Sugars	3 g
Protein	22 g 45 %
Vitamin A	29 %
Vitamin C	46 %
Calcium	18 %
Iron	15 %
* The Percent Daily Values are based on a 2,000 calorie diet, so your values may change depending on your calorie needs. The values here may not be 100% accurate because the recipes have not been professionally evaluated nor have they been evaluated by the U.S. FDA.	

