

Firecracker Shrimp

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Servings: 4

Preparation Time: 15 minutes

Cook time: 3 minutes

2 tablespoons vegetable oil spread

1 tablespoon fresh parsley, chopped

1 1/3 cups hot cooked brown rice

12 ounces fresh or frozen medium shrimp, peeled and deveined

1 tablespoon olive oil

2 cloves garlic, peeled and minced

1/2 cup reduced-sodium teriyaki sauce

1/2 teaspoon crushed red pepper

2 cups steamed broccoli

Stir the vegetable oil spread and chopped parsley into the hot rice. Season to taste with salt. Set aside and cover to keep warm.

Meanwhile, thaw the shrimp, if frozen. Pat the shrimp dry with paper towels.

In a large nonstick skillet, heat the olive oil over medium-high heat. Add the shrimp and garlic. Cook and stir for 1 minute.

Add the teriyaki sauce and crushed red pepper to the shrimp in the skillet. Toss to coat. Continue to cook for 2 minutes or until the shrimp are opaque. Remove from the heat.

Serve the shrimp with the steamed broccoli and rice mixture.

Per Serving (excluding unknown items): 32 Calories; 3g Fat (91.7% calories from fat); trace Protein; 1g Carbohydrate; trace Dietary Fiber; 0mg Cholesterol; 1mg Sodium. Exchanges: 0 Grain(Starch); 0 Vegetable; 1/2 Fat.