

New Orleans Shrimp over Red Beans and Rice

Publix Aprons Simple Meals

Servings: 4

Start to Finish Time: 30 minutes

1 box (8 ounce) red beans and rice mix

1/4 cup fresh Italian parsley, finely chopped

juice of 1/2 lemon

1 pound shrimp (thawed, if needed), peeled and deveined

1 teaspoon Creole seasoning

3 tablespoons herb garlic butter

1/2 cup tomato trinity mix (fresh diced tomatoes, onions and bell peppers)

1/2 cup white wine (or chicken broth)

Prepare the red beans and rice following package instructions (TIP: You can use garlic butter, instead of the optional oil, for extra flavor.)

Chop the parsley.

Cut the lemon in half.

Arrange the shrimp in a single layer on a plate (wash hands); sprinkle with the Creole seasoning.

Preheat a large saute' pan on medium high for 2 to 3 minutes. Place the garlic butter and trinity mix in the pan. Cook and stir for 2 minutes or until hot.

Add the shrimp and parsley to the tomato mixture.

Squeeze the juice of the lemon over the shrimp (about one tablespoon). Cook for 1 to 2 minutes.

Add the wine. Cook 2 to 3 more minutes or until the shrimp are opaque.

Serve the shrimp over the beans and rice.

Per Serving (excluding unknown items): 4 Calories; trace Fat (15.5% calories from fat); trace Protein; 1g Carbohydrate; trace Dietary Fiber; 0mg Cholesterol; 56mg Sodium. Exchanges: 0 Lean Meat; 0 Vegetable; 0 Other Carbohydrates.