

# Portuguese Shrimp

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## **Servings: 6**

*2 tablespoons olive oil  
1 medium onion, sliced  
1/2 cup green pepper,  
chopped  
1 cup tomato sauce  
1/2 cup orange juice  
1/4 cup diced pimientos,  
drained  
1/2 teaspoon grated orange  
zest  
1/2 teaspoon salt  
1/4 teaspoon pepper  
2 pounds (16-20 per pound)  
uncooked shrimp, peeled  
and deveined  
4 cups hot cooked rice  
minced fresh parsley  
(optional)*

In a skillet, heat oil over medium-high heat. Add the onion and green pepper. Cook until the onion starts to turn brown, about 10 minutes.

Stir in the tomato juice, orange juice, pimientos, zest, salt and pepper. Bring the mixture to a boil. Reduce the heat and simmer for 5 minutes. Add the shrimp. Simmer, covered, until the shrimp turn pink, 4 to 5 minutes.

Serve with rice. Sprinkle with parsley, if desired.

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Per Serving (excluding unknown items): 232 Calories; 5g Fat (19.5% calories from fat); 4g Protein; 42g Carbohydrate; 2g Dietary Fiber; 0mg Cholesterol; 428mg Sodium. Exchanges: 2 Grain(Starch); 1 Vegetable; 0 Fruit; 1 Fat.