

- » 1 1/4 cups long-grain white rice, cooked according to package directions without salt or fat
- » Nonstick vegetable cooking spray
- » 1 tbsp olive oil
- » 2 cloves garlic, minced
- » 5 green onions, chopped
- » 1 1/2 lb medium shrimp, raw, peeled and cleaned
- » 1/2 tsp cumin
- » 1/2 tsp oregano
- » 1/2 tsp paprika
- » 1/2 tsp thyme
- » 1/8 tsp cayenne
- » 1/2 tsp salt
- » 1/8 tsp pepper
- » 2 cups carrots, sliced
- » 3 cups broccoli florets
- » 2 tbsp lemon juice

Nutritional Content

Per Serving

Calories	472 cal	Cholesterol	259mg
Protein	42g	Sodium	585mg
Carbohydrate	54g	Calories from Fat	14%
Fat	7g	Fiber	4g
Saturated Fat	1g		

In a large skillet sprayed with nonstick vegetable cooking spray, over medium-high heat, add olive oil. Add minced garlic and green onions. Sauté for 2 minutes and add shrimp, cumin, oregano, paprika, thyme, cayenne, salt, and pepper. Cook 3 to 4 minutes or until shrimp is cooked and turns pink. Meanwhile, steam carrots and broccoli and sprinkle with lemon juice. Serve shrimp over rice with vegetables on the side. Serves 4.

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