

- » 1/3 cup long-grain white rice, cooked according to package directions without salt or fat
 - » Nonstick vegetable cooking spray
 - » 1 tsp olive oil
 - » 1 clove garlic, minced
 - » 1 green onion, chopped
 - » 6 oz medium shrimp, raw, peeled and cleaned
 - » Pinch of cumin
 - » Pinch of oregano
 - » Pinch of paprika
 - » Pinch of thyme
 - » Pinch of cayenne
- » Pinch of salt
 - » Pinch of pepper
 - » 1/2 cup carrots, sliced
 - » 3/4 cup broccoli florets
 - » 1/2 tbsp lemon juice

Nutritional Content

Per Serving

Calories	493 cal	Cholesterol	255mg
Protein	41g	Sodium	582mg
Carbohydrate	57g	Calories from Fat	15%
Fat	8g	Fiber	4g
Saturated Fat	1g		

In a 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 1.