

- » 2 1/2 cups chicken broth
 - » 1 1/4 cups uncooked long-grain white rice
 - » 1 cup red bell pepper, cut into 1" chunks
 - » 1 cup green bell pepper, cut into 1" chunks
 - » 1 (13 3/4-oz) can water-packed artichoke hearts, drained
 - » 1/4 cup chopped fresh parsley
 - » 1 tsp chili powder
 - » 2 cloves garlic, minced
 - » 1/4 tsp paprika
 - » 1/4 tsp salt
 - » Nonstick vegetable cooking spray
- » 1 tbsp olive oil
 - » 1 1/2 lb medium shrimp, raw, peeled and cleaned

Nutritional Content

Per Serving

Calories	478 cal	Cholesterol	259mg
Protein	43g	Sodium	1074mg
Carbohydrate	53g	Calories from Fat	13%
Fat	7g	Fiber	4g
Saturated Fat	1g		

In a large saucepan combine chicken broth, rice, red and green bell pepper, artichoke hearts, parsley, chili powder, garlic, paprika, and salt. Mix well. Bring to a boil and simmer on low heat for 25 to 30 minutes or until rice is tender. Meanwhile in a large skillet sprayed with nonstick vegetable cooking spray, over medium-high heat, add olive oil. When hot, add shrimp, and cook 3 to 4 minutes or until shrimp is cooked and turns pink. Toss cooked rice mixture with cooked shrimp. Serves 4.