

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

## Nutritional Content

Per Serving

Calories	482 cal	Cholesterol	255mg
Protein	43g	Sodium	1232mg
Carbohydrate	56g	Calories from Fat	11%
Fat	6g	Fiber	4g
Saturated Fat	1g		

In a 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 over low heat for 20 to 25 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 1.

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