

CAJUN SHRIMP STIR-FRY



NUTRIENTS PER SERVING:

CALORIES: 310

FAT: 5 g

CARB: 31 g

PROTEIN: 27 g

Serves 4

INGREDIENTS:

- 1 lb large shrimp, peeled and deveined
- 1 tbsp Cajun spice seasoning
- 2 tsp canola oil, divided
- 2 green peppers, seeded, inner ribs removed and cut into strips
- 2 red peppers, seeded, inner ribs removed and cut into strips
- 2 cloves garlic, minced
- ½ cup white wine
- 1 tbsp lemon juice
- Hot sauce to taste
- 2 cups cooked brown rice

INSTRUCTIONS:

Toss shrimp with Cajun spice seasoning and set aside. Heat 1 teaspoon oil in a large skillet and sauté peppers for six minutes over medium-high heat. Turn heat down and add minced garlic, stirring constantly so that garlic doesn't burn. Remove peppers and garlic from pan, wipe pan out with paper towel.

Return the pan to medium-high heat, add heat to remaining tsp of oil. Add shrimp and cook approximately 3 minutes, stirring frequently. Add wine, lemon juice, peppers and garlic and cook for 2 to 3 minutes. Season with hot sauce; serve each portion over ½ cup cooked brown rice.