

## **Shrimp Dinner! Lime-Garlic Shrimp & Wild-Long Grain Rice with Mushrooms** ~ choose one side item to complete your meal

### **Lime-Garlic Shrimp**

8 servings

4 cloves	Garlic, minced
2 Tbsp	Olive oil
3 lb	Large shrimp, cooked, thawed, peeled
¼ tsp	Black pepper
½ cup	Fresh lime juice
3 Tbsp	Fresh parsley, chopped



Heat oil in a large skillet over medium heat on the stove. Add garlic and lightly saute until soft. Add shrimp and all other ingredients, except parsley, to skillet and saute quickly to serving temperature. Sprinkle with parsley and serve immediately.

**Olive oil on sale**

**Large peeled shrimp on sale**

**Fresh limes on sale**

**Wild-long grain rice on sale**

**Fresh mushrooms**

### **Shrimp Recipe Nutrition per serving**

204 calories; 36 gm protein; 2 gm carbohydrate; 5 gm total fat; 1 gm saturated fat; 0 trans fat; 331 mg cholesterol; 0 fiber; 382 mg sodium

**To Make Wild-Long Grain Rice with Mushrooms:** Prepare rice according to package directions. Add washed mushrooms about half way through cooking process. Fluff before serving.

### **Side Items:**

**1. Steamed Fresh Cabbage** – Affordable, staple ingredient: Fresh cabbage, red or green, or a mixture of red and green.

**To Make:** Wash fresh cabbage in tap water. Get out a cutting board and knife and then cut thin strips of cabbage. Cut into 2 inch length pieces and place in a saucepan. Add 1/4-1/2 cup water and a lid. Cook on medium heat until cabbage is fork-tender. Drain water, drizzle with a tiny bit of olive oil, and dust with salt and/or pepper to taste.

**2. Lemony Cauliflower or Broccoli** – Affordable, staple ingredient: Lowes Foods Brand frozen cauliflower or broccoli spears.

**To Make:** Cook frozen cauliflower or broccoli according to package directions. Drain water. Sprinkle grated lemon zest (lemon's outer skin) over the top. Dust with salt and pepper to taste.

**3. Grilled Sweet Potato Chunks** – Affordable, staple ingredient: Fresh sweet potatoes.

**To Make:** Wash potatoes well in cool tap water. Cut into large, bite-size chunks. Measure sheets of aluminum foil about 10 x 12 inches large and then spray lightly with cooking oil spray. Place 4-6 potato chunks in the center of the foil and add a tiny bit of butter, salt and pepper. Fold 2 ends of the foil up to make a tent and pinch closed. Close other 2 ends of foil. Place on grill at medium high heat for 8 -12 minutes, until tender when poked with a fork.

**Note:** *May cook potatoes in a 400 degree oven (foil packets on a baking sheet) rather than on the grill.*