



Shrimp 'n Veggie Power Bowl



Entire recipe: 254 calories, 2.5g total fat (0.5g sat. fat), 690mg sodium, 33.5g carbs, 8g fiber, 16g sugars, 28g protein

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Prep: 10 minutes **Cook:** 15 minutes

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Ingredients

2 cups roughly chopped cauliflower (or HG Alternatives)
1/8 tsp. garlic powder
Dash salt
1/2 cup asparagus cut into 1-inch pieces
4 oz. (about 8) raw large shrimp, peeled, tails removed, deveined
1/8 tsp. ground cumin
1/8 tsp. chili powder
1/4 cup chopped mango
1/4 cup drained and chopped canned beets
1/4 cup frozen sweet corn kernels, thawed

Directions

Pulse cauliflower in a blender until reduced to rice-sized pieces.

Bring a skillet sprayed with nonstick spray to medium-high heat. Cook and stir riced cauliflower until hot and softened, about 3 minutes. Transfer contents to a wide bowl. Stir in garlic powder and salt, and cover to keep warm.

Remove skillet from heat; clean, if needed. Re-spray, and return to medium-high heat. Add asparagus and 2 tbsp. water. Cover and cook for 3 minutes, or until asparagus is tender and water has evaporated.

Add asparagus to the wide bowl, and re-cover to keep warm.

Remove skillet from heat; clean, if needed. Re-spray, and bring to medium heat. Add shrimp, and season with cumin and chili powder. Cook and stir for about 4 minutes, until cooked through.

Add shrimp to the wide bowl. Add mango, beets, and corn.

MAKES 1 SERVING

HG Alternative: Instead of blending 2 cups of roughly chopped cauliflower into rice-sized pieces, use 1 1/2 cups premade cauliflower rice or crumbles, like the kinds by Trader Joe's and Green Giant.

Another HG Alternative: For an even more colorful creation, use orange or purple cauliflower!

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Publish Date: July 6, 2016

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