



Creamy Coconut Rice with Shrimp



1/2 of recipe: 268 calories, 6g total fat (3g sat. fat), 740mg sodium, 31g carbs, 4.5g fiber, 4g sugars, 21g protein

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

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Ingredients

6 oz. (about 18) raw medium shrimp, peeled, deveined, tails removed
1/2 tsp. garlic powder, divided
1/4 tsp. + 1/8 tsp. salt, divided
Dash cayenne pepper
2 cups frozen riced cauliflower
1 cup cooked brown rice
1/2 cup canned lite coconut milk
1/4 cup chopped fresh cilantro, or more for topping
1 tsp. lime juice

Directions

Bring a skillet sprayed with nonstick spray to medium heat. Add shrimp, 1/4 tsp. garlic powder, 1/8 tsp. salt, and cayenne pepper. Cook for about 2 minutes per side, until fully cooked. Transfer to a bowl or plate.

Remove skillet from heat; clean, if needed. Respray, and bring to medium-high heat. Add cauliflower and brown rice. Cook until hot, about 3 minutes.

Add coconut milk, remaining 1/4 tsp. garlic powder, and remaining 1/4 tsp. salt. Cook until coconut milk is bubbling, about 1 minute. Reduce heat to low, and return shrimp to the skillet. Cook and stir until hot, about 1 minute.

Stir in cilantro and lime juice.

MAKES 2 SERVINGS

HG Tip: Steam-in-bag varieties are great for brown rice in a hurry. Look for shelf-stable and frozen versions.

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