



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

Green Plan [SmartPoints](#)® value 2*

Blue Plan (Freestyle™) [SmartPoints](#)® value 0*

Purple Plan [SmartPoints](#)® value 0*

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



Tagged: [Lunch & Dinner Recipes](#), [Single Serving](#), [30 Minutes or Less](#)

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!

[SmartPoints](#)® value* not what you expected? We follow the same method as Weight Watchers when calculating recipe values: We add up the [SmartPoints](#)® values* of the individual ingredients using the Recipe Builder. (Many foods have a value of zero and remain zero in recipes.)

*The [SmartPoints](#)® values for these recipes were calculated by Hungry Girl and are not an endorsement or approval of the product, recipe or its manufacturer or developer by Weight Watchers International, Inc., the owner of the [SmartPoints](#)® trademark.