

# SPRING FLAVOR



## Creole Shrimp and Brown Rice Casserole

Shrimp are a Louisiana specialty. They're also a quick cooking lean protein option, as long as the preparation is kept clean. A 3-4 oz. serving of steamed shrimp is only about 90-115 calories. This seafood staple is easily enjoyed in a wide variety of cuisines. Try this baked dish filled with spring vegetables, whole grains and a cheesy, spicy sauce.

---

**SERVES: 6**

---

### INGREDIENTS:

1 tbsp.	Olive oil
1½ lbs.	Medium shrimp, peeled and deveined
1 medium	Onion, chopped
2 medium	Celery stalks, chopped
1 large	Bell pepper, chopped
8 oz.	Mushrooms, sliced
3 cloves	Garlic, minced
1 14-oz. can	Diced tomatoes, low-sodium variety
1 tbsp.	Worcestershire sauce
1½ cup	Low-fat milk
1 tsp. (or to taste)	Cajun seasoning, low-sodium variety
¼ tsp.	Cayenne pepper, optional for more heat
1 cup	Reduced fat cheddar cheese, shredded
3 cups	Cooked brown rice

## DIRECTIONS:

1. Preheat oven to 350°. Coat a baking dish with non-stick cooking spray.
2. In a large skillet, cook onion in 1 tbsp. oil over medium-high heat until translucent (2-3 minutes). Add celery, bell pepper, mushrooms and garlic and cook until tender. Add shrimp and cook until just beginning to turn pink.
3. Heat a small saucepan over medium heat, stir in canned tomatoes, Worcestershire sauce, milk, seasonings, and ½ the cheese. Bring to a light boil, then reduce heat to medium-low and simmer until thickened.
4. Combine shrimp mixture and sauce with cooked rice and mix well.
5. Pour the mixture into the prepared baking dish and top with remaining cheese. Bake for 20-30 minutes or until cheese is melted and bubbling. Serve with a mixed green salad or steamed vegetables of choice.

## ALTERNATIVES:

- Grill shrimp and vegetables for a flavorful and easy meal, or stir-fry with soy sauce, snap peas and carrots and serve with soba noodles, quinoa or brown rice.
- Steam or boil shrimp and chill for a quick salad topping, sandwich stuffer or light appetizer with cocktail sauce for a large gathering.
- Add to a stew or soup; or pair with tomatoes, garlic, asparagus, a dash of olive oil and whole-wheat pasta.

