

Blackened Shrimp

Makes: 4 servings

Per serving: Calories 185, Protein 7 gm, Sodium 182 mg, Potassium 172 mg, Phosphorus 102 mg

Ingredients

1 small zucchini, chopped
1 small yellow squash, chopped
1 red pepper, diced
2 TBSP olive oil, divided
20 medium-sized shrimp, tails removed,
peeled and deveined
½ tsp chili powder
1 tsp cumin
1 tsp garlic powder
½ tsp onion powder
2 cups cooked white or brown rice

Directions

1. Preheat oven to 400°F. Line a baking sheet with parchment paper and evenly spread zucchini, yellow squash and red bell pepper. Drizzle with 1 TBSP olive oil and set aside until oven is heated.
2. In a large bowl, toss shrimp with chili powder, cumin, garlic powder, and onion powder.
3. Heat a large skillet over medium-high heat. Add in 1 TBSP of olive oil and shrimp. Cook shrimp until charred, about 3 minutes a side.
4. Place sheet pan in heated oven and roast about 20 minutes or until slightly charred.
5. To serve, place ½ cup of cooked rice, 5 shrimp, and 1/4 of roasted vegetables on a plate or in a bowl.