



Southwest Shrimp Skillet

This vibrant shrimp and vegetable bowl brings together lean protein and fiber-rich vegetables for a meal that supports heart health and lasting fullness. The roasted peppers and onions add natural sweetness and antioxidants, while shrimp provides protein and key minerals.

Yield: 4 servings

Ingredients:

- 1 teaspoon chili powder
- ¼ teaspoon smoked paprika
- ½ teaspoon garlic powder
- ¼ teaspoon ground cumin
- ¼ teaspoon fine salt
- ¼ teaspoon black pepper
- 3 small bell peppers, any color, thinly sliced
- 1 small yellow onion, thinly sliced
- 2 tablespoons olive oil, divided
- 1 pound riced cauliflower (or regular rice)
- 1 ¼ lb. raw shrimp, deveined and tails removed

Chipotle Lime Sauce:

- ¼ cup reduced fat sour cream
- ½ lime, juiced
- Pinch of ground chipotle pepper
- Fine salt to taste

Directions:

1. Preheat oven to 400°F and line a large baking sheet with parchment paper.
2. In a small bowl, combine the chili powder, paprika, garlic powder, cumin, salt and pepper. Remove 1 teaspoon of the seasoning mix and set aside (for step 7).
3. Arrange thinly sliced peppers and onions onto one end of the baking sheet. Drizzle with 1 tablespoon oil plus the seasoning mix and toss well to coat.
4. On the other end of the pan, add riced cauliflower. Toss with the remaining 1 tablespoon of oil (skip this step if using regular rice).
5. Place the baking sheet in the preheated oven and bake for 15 minutes, stirring halfway through (stir them separately and do not mix them).
6. While the vegetables bake, make the homemade chipotle lime sauce. In a small bowl, combine the sour cream, juice of ½ lime and a pinch of chipotle powder. Stir to combine well. Add salt to taste.
7. After 15 minutes, remove the baking sheet from oven. Arrange the shrimp in the center of the pan in a single layer. Sprinkle the shrimp with reserved 1 teaspoon of seasoning mix and mix well.
8. Return the pan to the oven and bake an additional 10 minutes, stirring the shrimp if needed to ensure they're cooked through (i.e. pink and no longer opaque).
9. Remove the pan from the oven. Season the riced cauliflower with salt and pepper to taste.
10. To serve, divide the cauliflower rice among 4 serving bowls. Top with the pepper and onion mixture and shrimp.
11. Drizzle with chipotle lime sauce. Serve and enjoy!

Nutrition info per serving:

Calories: 266, Saturated Fat: 2.6g, Sodium: 381mg, Added sugars: 0g, Fiber: 4.2g, Protein: 32.7g

Adapted from: <https://therealfooddietitians.com/one-pan-shrimp-fajita-bowls/>