
Shrimp, Peas and Rice

Linda Chianese - New York

North American Potpourri - Autism Directory Service, Inc - 1993

3 cups cooked rice

1 pound frozen peas, cooked and drained

2 tablespoons butter

2 tablespoons olive oil

3 to 4 medium cloves garlic, minced

1/4 to 1/2 teaspoon crushed red pepper flakes (optional)

1 to 1-1/2 pounds shrimp, shelled and deveined

1/4 to 1/2 cup grated cheese

In a skillet, melt the butter and oil. Add the garlic and red pepper flakes. Cook on medium heat.

When the oil is fragrant, stir in the shrimp. Cook until the shrimp is just done. Stir the rice and peas into the shrimp mixture. Add salt and pepper to taste.

Place the shrimp on a serving platter and generously sprinkle grated cheese over the top. Mix well.

Seafood

Per Serving (excluding unknown items): 1645 Calories; 63g Fat (34.4% calories from fat); 48g Protein; 221g Carbohydrate; 24g Dietary Fiber; 101mg Cholesterol; 940mg Sodium. Exchanges: 14 Grain(Starch); 1 Lean Meat; 1/2 Vegetable; 11 Fat.