

Spicy Sauteed Shrimp with Rice

Chef Kates - Aldi Test Kitchen
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Servings: 4

*2 cups instant brown rice
salt (to taste)
pepper (to taste)
zest of one lemon
16 ounces jumbo easy peel
shrimp, thawed and peeled
crushed red pepper (to
taste)
2 tablespoons vegetable oil
1 onion, finely chopped
1 red bell pepper, finely
chopped
1 zucchini, sliced in half
lengthwise and cut into
1/2-inch half moons
2 teaspoons minced garlic
12 ounces chunky marinara
pasta sauce
4 ounces plain goat cheese
log*

Preparation Time: 15 minutes**Cook Time: 15 minutes**

Cook the rice according to package instructions. Season to taste with salt and pepper. Stir in the lemon zest. Set aside.

Season the shrimp with salt, pepper and crushed red pepper to taste.

Meanwhile, in a large skillet over medium-high heat, heat the oil. Add the onion, pepper and zucchini. Saute' until the vegetables are tender, about 5 minutes. Add the garlic and pasta sauce. Bring the mixture to a simmer. Break apart the goat cheese and stir into the mixture until incorporated.

Add the shrimp. Cook, stirring frequently, until no pink remains, about 5 minutes.

Season to taste with salt and pepper. Serve with the brown rice.

Per Serving (excluding unknown items): 327 Calories; 7g Fat (18.9% calories from fat); 6g Protein; 62g Carbohydrate; 5g Dietary Fiber; 0mg Cholesterol; 26mg Sodium. Exchanges: 3 1/2 Grain(Starch); 1 Vegetable; 1 1/2 Fat.