



Shrimp and Rice-Stir Fry

1 pound shrimp, peeled and deveined

1 ½ cups cooked brown rice

2 cups broccoli florets

¼ cup slivered scallions

Cooking oil spray

½ tablespoon garlic powder

¼ cup low-sodium soy sauce

2 teaspoons sesame seeds

1. Remove the tails from the shrimp and cut the shrimp into bite-size pieces
2. Coat a nonstick skillet with cooking spray and heat skillet. Add shrimp and cook for 2 minutes. Remove from heat and set shrimp aside.
3. Coat the skillet with cooking spray and heat the skillet. Add the rice and garlic powder and cook for 1 minute, stirring constantly. Add the broccoli and cook until it is bright green. Add the shrimp, scallions, soy sauce, and sesame seeds. Cook for 1 minute longer.

To Serve: Spoon the stir-fried mixture onto plates.

Servings: 2