



Cheesy Shrimp Rice Casserole

Shrimp and rice team up with cheese and salsa for a quick family favorite. Use leftover rice or rice of your choice.

Makes 6 servings

1 onion, chopped
1 teaspoon minced garlic
1 1/2 pounds peeled medium shrimp
1 (8-ounce) can mushroom stems and pieces
1/3 cup chunky salsa
1 1/2 cups shredded reduced-fat Cheddar cheese
1 tablespoon Worcestershire sauce
1/2 cup evaporated skimmed milk
1 bunch green onions (scallions), sliced
3 cups cooked rice

1. In large skillet coated with nonstick cooking spray, sauté onion, garlic, shrimp, and mushrooms over medium-high heat 5 - 7 minutes. Add salsa, cheese, Worcestershire sauce, milk, and green onions.
2. Stir in rice, cook until cheese is melted and well combined, 10 minutes. Serve.

Nutritional information per serving

Calories 313, Protein (g) 31, Carbohydrate (g) 30, Fat (g) 6, Calories from Fat (%) 19, Saturated Fat (g) 4, Dietary Fiber (g) 2, Cholesterol (mg) 177, Sodium (mg) 623 Diabetic Exchanges: 3.5 very lean meat, 1.5 starch, 1 vegetable

Terrific Tidbit: One cup of rice has 30% of the recommended daily allowance of iron and is also an excellent source of fiber.