

Shrimp & Riced Cauliflower

This is a quick, easy and tasty entree recipe that all shrimp lovers will be raving about. This low carb meal is great for lunch or dinner.

Degree of Difficulty: Very easy

Ingredients

- 1 lb shrimp (21 to 25), peeled and deveined
- 1 tbs olive oil
- 2 tbs butter
- 1 tbs garlic clove, chopped
- 1 pinch salt
- 1 pinch pepper
- 1 pinch parsley
- 1 cup cauliflower rice



Directions

- 1 Place frozen (or fresh) cauliflower rice in microwavable dish. Cook uncovered for about 4 - 5 minutes or until desired tenderness.
- 2 Season shrimp with salt and pepper
- 3 Using medium high heat, place olive oil and butter in large skillet.
- 4 Add garlic to skillet as butter begins to melt.
- 5 Cook garlic just until fragrant (do not brown).
- 6 Add shrimp to skillet in a single layer.
- 7 Turn heat to high and cook shrimp for about 3 minutes.
- 8 Turn shrimp over and cook the other side for another 3 minutes.
- 9 Turn off heat and cover until ready to serve.
- 10 Place ¼ cup of cauliflower rice on each plate.
- 11 Add approximately 6 Shrimp on top of rice to each plate and serve.

Cooking Times

Preparation Time: 10 minutes

Cooking Time: 6 minutes

Total Time: 16 minutes

Nutrition Facts

Nutrition (per serving): 171 calories, 10.3g total fat, 4.3g saturated fat, 158.2mg cholesterol, 721.1mg sodium, 3.1g carbohydrates, <1g fiber, <1g sugar, 16.2g protein.

Servings: 4

Weight Watchers Points

Smart Points: The shrimp and cauliflower rice was not used to calculate the FreeStyle points. All other points do not include the cauliflower rice.

Orig. WW Pts: 4

Points Plus: 4

Smart Points: 5

FreeStyle Smart Points: 4