

# Shrimp and Chicken Paella

*This low fat recipe has tons of flavor without adding up the calories.*

Recipe Type: Chicken, Main Dish, Seafood

Degree of Difficulty: Easy

## Ingredients

¾ cup rice, ready-to-serve  
2 cans tomatoes, diced with green chilies  
½ tsp saffron  
¾ lb shrimp, peeled and deveined  
2 each chicken breast tenders, diced ¾-inch (about 4 ounces)  
1 cup Peas, frozen or fresh  
1 spray Cooking Spray, as needed



## Directions

- 1 Preheat oven to 400 degrees
- 2 Lightly coat 8 inch square baking dish with nonstick cooking spray.
- 3 Spread the ready to serve rice into dish.
- 4 Pour 1 can of tomatoes (including the juice) over the rice.
- 5 Sprinkle with saffron.
- 6 Place the shrimp and chicken chunks on top of pan.
- 7 Drain second can of tomatoes and arrange on top.
- 8 Cover and bake for 30 minutes.
- 9 Let stand (covered) for 5 minutes and serve.

Oven Temperature: 400°F

## Cooking Times

Preparation Time: 15 minutes

Cooking Time: 30 minutes

## Nutrition Facts

Nutrition (per serving): 221 calories, 2.5g total fat, <1g saturated fat, 118.2mg cholesterol, 826.1mg sodium, 30.2g carbohydrates, 6.4g fiber, 1.8g sugar, 22g protein.

Servings: 4

## Weight Watchers Points

Note: The shrimp, chicken breast and vegetables were not included in the calculation of the FreeStyle SmartPoints. All other WW points do not include the veggies.

Orig. WW Pts: 2

Points Plus: 3

Smart Points: 2

FreeStyle Smart Points: 1

## Tips

You can add additional veggies like red bell peppers or onions without increasing the Weight Watchers Points.