

FIESTA SHRIMP BAKE

Gluten Free, Lower Saturated Fat, Lower Sodium

Serves: 5 (Serving- 1 tart pan)

Nutrition (per serving)

Calories: 255

Total Carbohydrate: 47 g

Total Fat: 6.5 g

Dietary Fiber: 2 g

Saturated Fat: 3 g

Protein: 13 g

Sodium: 392 mg



Ingredients

- 3 cups whole grain brown rice, cooked
- 1 ½ cups shrimp (edible portion), cooked
- ½ cup onion, chopped
- ½ cup red bell pepper, chopped
- ½ cup corn
- ½ cup reduced fat Mexican shredded cheese
- ½ cup light sour cream
- 1 ½ Tablespoons fresh cilantro, chopped
- ¾ teaspoon ground cumin
- ½ Tablespoon chili powder
- ½ teaspoon salt
- ¼ teaspoon black pepper
- Non-stick cooking spray



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Directions

1. Preheat oven to 325 degrees Fahrenheit.
2. In a large bowl, stir together all ingredients until well combined.
3. Spray 5 tart pans (4 ½ inch x 1 ¼ inch diameter) with non-stick cooking spray. Portion casserole evenly into each pan.
4. Bake for 20 minutes.