

Shrimp Stir-Fry

2 cups brown rice
1 red bell pepper, chopped
1 yellow bell pepper, chopped
½ cup chopped yellow onion
1 cup mushrooms, sliced
1 cup snow peas
1 lb. cooked shrimp
½ tsp sesame oil
1/8 tsp crushed red pepper
1 Tbsp olive oil
1 Tbsp soy sauce

Cook rice as directed on box. Heat 1 tbsp olive oil in a large skillet. Add vegetables and cover for 4 minutes or until tender but crisp. Add shrimp. Stir in rice and remaining ingredients. Cook for 5 minutes and serve.

Serves 4.

Calories 390 Fat 8g Carbohydrate 45g Fiber 6g Protein 38g Sodium 490 mg