



Shrimp Fajitas

1/4 c instant brown rice (measured dry)
1/2 can black beans, drained and heated
1/2 tbsp canola or other cooking oil
1 medium onion, sliced
bell peppers, chopped into 1/2" pieces
2 cloves garlic, chopped
8 oz shrimp
Cayenne pepper, crushed red pepper, or Tabasco to taste
1/2 tsp cumin
salt and pepper
1/2 avocado thinly sliced
1 whole wheat tortilla, warmed

Cook the brown rice according to the directions on the box, then add the black beans. Heat the oil in a large sauté pan or wok over high heat. Add the onion slices, the bell pepper pieces and the chopped garlic, and cook for 5 to 7 minutes, until the vegetables begin to brown. Mix in the shrimp and spices, and cook for another 3 minutes, until the shrimp are pink and firm. Serve half the shrimp fajita mix with a small scoop of the rice and beans, the avocado slices, and the warm tortilla.

602 calories, 42g protein, 71 g carbohydrates, 22.5 g fat (3g saturated), 15 g fiber