

FIESTA SHRIMP BAKE

Fiesta Shrimp Bake

Gluten Free, Lower Saturated Fat, Lower Sodium

Serves: 5 (Serving- 1 tart pan)

Nutrition (per serving)

Calories: 255	Total Carbohydrate: 47
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

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.