

SHRIMP FRIED "RICE"



INGREDIENTS:

- 4 oz cooked shrimp
- 1/4 cup edamame beans
- 1/4 onion, chopped
- 1/4 cup chopped red bell pepper
- 1/4 cup chopped baby carrots
- 1 cup rice cauliflower
- 1 whole egg
- 1/2 tbsp sesame oil
- 1 tbsp low sodium soy sauce or liquid aminos

DIRECTIONS:

- 1) Add sesame oil to a medium pan, heat on medium heat
- 2) Once pan is hot add chopped onion and carrots, cook until carrots soften (add 1-2 tbsp of water if needed)
- 3) Add egg, scramble
- 4) Add shrimp, rice cauliflower, edamame, and chopped bell pepper. Mix well and cook for ~5 minutes
- 5) Add soy sauce mix well and serve

Enjoy!

Makes 1 Serving

Calories: 389 | Protein: 40 g | Carbs: 21 g | Fat: 16 g | Fiber: 7 g