

Shrimp Fajita Bowl with Black Beans and Cilantro Brown Rice

Yield: 8 servings
Serving size: 1/8 of mixture



This is a great way to have your favorite foods in a healthier way with lots of spice, whole grains, and vegetables. Omit the shrimp for an all-veggie meal, or substitute fish for the shrimp.

Nutrition Facts	
Serving size	1/8 mixture (509g)
Amount Per Serving	
Calories	450
% Daily Value*	
Total Fat 7g	9%
Saturated Fat 1g	5%
Trans Fat 0g	
Cholesterol 215mg	72%
Sodium 450mg	20%
Total Carbohydrate 60g	22%
Dietary Fiber 10g	36%
Total Sugars 4g	
Includes 0g Added Sugars	0%
Protein 39g	78%
Vitamin D 0mcg	0%
Calcium 173mg	15%
Iron 4mg	20%
Potassium 1015mg	20%

*The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

Freezes well—Cool individual components—rice, shrimp-vegetable mixture—and portion into freezer-safe containers. Leave off lime-wedge garnish. When ready to eat, heat rice and shrimp separately.

INGREDIENTS

- 2 cups uncooked brown rice
- 3¼ cups water
- 1 teaspoon Kosher salt, divided
- 2 TBSP olive oil
- 2 red bell peppers, seeded, sliced
- 2 green bell peppers, seeded, sliced
- 2 onions, peeled, sliced
- 8 ounces mushrooms, stemmed, sliced
- 1 bunch cilantro, chopped and divided
- 2 TBSP chili powder
- 2 teaspoons ground cumin
- 2 teaspoons garlic powder
- 2 teaspoons dried, rubbed oregano
- 2 cans (15-ounce) black beans, rinsed and drained
- 2 pounds shrimp (medium or large), peeled and deveined
- Zest and juice from 4 limes
- 2 limes, cut into wedges for wedge garnishes

DIRECTIONS

Note: In class, the rice will be cooked as a demonstration.

1. In a large saucepan, combine water, rice, and ½ teaspoon salt. Bring to a boil over high heat. Cover and reduce heat to low. Cook for 40–45 minutes. Let rice sit for 10 minutes, covered. Remove lid and fluff with a fork.
2. Stir half of the cilantro into cooked rice.
3. Heat oil in a large skillet over medium-high heat. Add sliced vegetables and cook, stirring frequently, until the vegetables begin to soften.
4. Add spices and cook until vegetables are just soft.
5. Add black beans and cook until heated through.
6. Add shrimp. Reduce heat to medium and cook until shrimp just turn pink.
7. Stir in lime zest, lime juice, and remaining cilantro.
8. Divide cooked rice among 8 bowls. Top with shrimp mixture.
9. Garnish with lime wedges.

