



## **Jalapeno Lime Shrimp Kabob (Low Carb)**

One pan serves 2-3

### **Ingredients:**

Shrimp, bell pepper, onion, jalapeno, orange juice, honey, cumin, salt, garlic, lime. Served with cauliflower rice and dinner rolls.

### **All you do:**

1. Twenty-four hours before cooking, thaw the shrimp pan(s) in the refrigerator. For a quicker thaw, slightly open the lid of the pan(s) off to one side when thawing in the refrigerator.
2. On the same day of cooking, pull the dinner rolls from the freezer to thaw in the refrigerator. Note: 2-3 hours before serving the rolls, remove them from the refrigerator to get to room temperature. Another option would be to warm the rolls in the oven before serving (refer to instructions below for warming the rolls in the oven).

### **Cooking Instructions for Oven:**

1. Preheat the oven to 350°F.
2. Measure out 2 tablespoons of water and evenly pour the water over the thawed rice in the foil pan. Keep the pan uncovered.
3. Remove the cover and place the foil pan of the thawed shrimp on the center rack of the preheated oven. Bake for 15-20 minutes. The shrimp should reach an internal cooking temperature of 140°F (on a cooking thermometer) to ensure that it is cooked through.
4. For warm dinner rolls, spread out the rolls on a baking sheet and place the sheet in the oven at 350°F for 5 minutes. The dinner rolls can be placed in the oven during the last 5 minutes of cooking time for the shrimp.
5. Serve 2 kabobs per person over the riced cauliflower and a dinner roll.

**Chef's Tip(s):** You can add ½ teaspoon dry or fresh ground ginger to elevate your cauliflower rice.

### **Dietitian Tips & Notes:**

**Serve with:** cilantro and fresh lime to squeeze

**Leftovers:** Remove the shrimp and vegetables from the skewer and make a stir-fried rice using soy sauce and hoisin sauce.

**Fun Fact:** Shrimp, a type of shellfish, is a wonderfully lean source of protein and omega-3 fats!

**Shrimp Kabob & Cauliflower Rice Nutrition Facts per serving:** 244 calories, 2 g total fat (0 g saturated fat, 0 g transfat), 227 mg cholesterol, 627 mg sodium, 28 g carbohydrates (1 g fiber, 24 g sugar), 29 g protein

**Dinner Roll Nutrition Facts per serving:** 100 calories, 2 g total fat (0 g saturated fat, 0 g transfat), 0 mg cholesterol, 130 mg sodium, 19 g carbohydrates (1 g fiber, 2 g sugar), 2 g protein