

Shrimp & Spicy Tomatoes

HOT DISH FOR COLD NIGHTS Fire-roasted tomatoes and red pepper kick up the flavor in a low-cal skillet supper. Whole wheat couscous—ready in five minutes—is rich in fiber



Total time 30 minutes
Makes 4 main-dish servings

- 2 lg. carrots, finely chopped
- 8 oz. green beans, cut into ½-in. pieces
- 1 c. whole wheat Israeli couscous
- 1 Tbsp. extra virgin olive oil
- 1 lg. onion (10 to 12 oz.), chopped
- ¼ tsp. crushed red pepper
- 1 can (14.5 oz.) no-salt-added fire-roasted diced tomatoes, undrained
- 1 lb. shrimp (16 to 20 count), peeled and deveined

1. In large microwave-safe bowl, combine carrots, green beans, and 1 tablespoon water. Cover with vented plastic wrap; microwave on High 5 minutes or until just tender.

2. Meanwhile, prepare couscous as label directs.

3. In 12-in. skillet, heat oil on medium-high. Add onion; cook 5 minutes or until golden, stirring. Add red pepper; cook 1 minute, stirring. Add carrot mixture and tomatoes. Heat to boiling; reduce heat to medium. Add shrimp; cook 5 minutes or until just opaque throughout, stirring occasionally. Stir in ½ teaspoon salt. Serve over couscous.

EACH SERVING 🍏 🍓 🍷 About 360 calories, 27 g protein, 48 g carbohydrate, 6 g total fat (1 g saturated), 7 g fiber, 140 mg cholesterol, 470 mg sodium. ■


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