***Sauteed Shrimp with Rice***

*Makes 6, 1-cup servings, 290 calories each*

1 cup rice (I use Lotus Foods Madagascar Pink Rice\*)

2 cups Pacific Organic Chicken Broth (preferably) OR water to cook rice

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2 pounds frozen cooked tail-off salad shrimp (91-110/pound)

¼ cup (4 tablespoons) medium-flavored or extra virgin olive oil

1 tablespoon dried basil leaves

¼ teaspoon garlic powder OR 1 small clove garlic, pressed

⅛ teaspoon salt, or to taste (depending on chicken broth/water)

Bring Madagascar Pink Rice to a boil, reduce heat, cover and simmer for 30 minutes.   Defrost shrimp by placing it in a bowl of hot tap water for about 5 minutes.  Drain shrimp and place in a large pot.  Add the oil, basil, garlic powder and salt.  Sauté for only about 5 minutes, or just until the shrimp cooks down.  Add the rice to the shrimp mixture and stir to combine.

\*I started using Madagascar Pink Rice because it is supposed to be low in arsenic. I found that it is also really good, so I recommend it based on flavor as well as safety.