



Shrimp Diablo with Rice

Prep: 15 minutes

Cook: 15 minutes • Serves: 6

- 1½ cups basmati rice or long grain white rice
- 2 small chipotle chile peppers in adobo sauce
- 2 jars (15.5 ounces each) mild or medium chunky salsa
- 1 tablespoon olive oil
- 2 garlic cloves, minced
- ½ small yellow onion, chopped (about ½ cup)
- 1¾ pounds raw 26-30 count peeled and deveined shrimp, thawed if necessary
- ¼ cup dry white wine
- ½ teaspoon dried oregano leaves
- ⅛ teaspoon salt
- ¼ teaspoon ground black pepper
- 2 tablespoons chopped fresh Italian parsley leaves

1. Prepare rice as label directs. Meanwhile, in blender or bowl of food processor with knife blade attached, purée chipotle peppers and salsa 30 seconds or until smooth, scraping sides of blender occasionally with rubber spatula.

2. In large nonstick skillet, heat oil over medium heat. Add garlic and onion and cook 4 to 5 minutes or until onion is soft, stirring occasionally. Add shrimp and cook 2 minutes, stirring occasionally. Stir in wine, oregano, salt and pepper and cook 1 minute. Add salsa mixture and cook 2 to 3 minutes longer or until shrimp turn opaque throughout and reach an internal temperature of 145°, stirring occasionally. Makes about 8 cups.

3. Serve shrimp mixture over rice sprinkled with parsley.

Approximate nutritional values per serving:

*353 Calories, 3g Fat (0g Saturated), 158mg Cholesterol,
1236mg Sodium, 51g Carbohydrates, 5g Fiber, 5g Sugars, 24g Protein*