



Eat Well

## Deviled Shrimp

### Directions

Heat olive oil and add shrimp, sauteing on each side 2 minutes. Add wine, mustard, garlic, onion and seasonings. Cover and cook at medium heat 10 minutes. Add tomato, breaking it up with a fork. Mix together, cover again and cook 10 minutes longer. Add parsley and serve over rice.

### Nutrition information per serving:

Calories 376, Total Fat 11 grams,  
Saturated Fat 2 grams, Sodium 592 mg,  
Total Carbohydrate 42 grams,  
Fiber 4 grams, Protein 14 grams.

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### Ingredients

- » 2 tsp olive oil
- » 8 large uncooked shrimp, peeled and deveined
- » 2 Tbsp dry white wine
- » 1 Tbsp Dijon mustard
- » 1 clove garlic, crushed
- » ¼ cup diced onion
- » 1 small whole tomato or canned stewed tomato
- » ¼ cup chopped parsley
- » ¾ cup brown rice, stove cooked or instant

