

Pesto Shrimp with Feta & Brown Rice

Servings: 6

Ingredients:

- 1 Tbl. *canola oil*
- 1 large *onion*, finely chopped
- 4 c. cooked *rice*
- 1 package of Knorr *Pesto sauce mix*
- 4 oz. *feta cheese*, crumbled
- 1 package frozen *pepper strips*
- 8 oz. *fresh mushrooms*, sliced
- 1 can (14.5 oz.) *tomatoes*
- 1 can (8 oz.) *pineapple tidbits* (with juice)
- 1½ pounds peeled deveined, *raw shrimp*

Directions:

1. Preheat oven to 425-degrees.
2. Use a large bowl to mix all the ingredients together.
3. Spray a large lasagna pan with cooking oil, and fill with the shrimp vegetable mixture. Pat mixture down, and cover pan with foil.
4. Bake at 425-degrees for 60-minutes. Remove from oven, uncover and serve immediately.

Nutrition: (Serving size: 1/6th recipe)

calories: 416 protein: 33.4g total carbohydrate: 49.7g total fat: 8.5g
sugars: 12.0g sodium: 761mg dietary fiber: 4.8g saturated fat: 2.8g