

Shrimp and Cannellini

A fast, one-dish meal full of beans and healthful fiber.

- 2 tbsp **olive oil**
- ½ tsp minced **garlic**
- ¼ tsp crushed **red pepper**
- 2 cans **cannellini (white) beans**, drained and rinsed
- 1 large ripe **tomato**, diced
- ½ cup fat-free, reduced-sodium **chicken broth**
- 1 pound medium **shrimp**, shelled and deveined
- 3 tbsp fresh **basil**, chopped
- 3 tbsp fresh **parsley**, chopped
- 3 tbsp fresh **lemon juice**

1. In large skillet heat oil over medium temp.
2. Add garlic and crushed red pepper; cook, stirring frequently about 2 minutes.
3. Add beans, tomato and broth; cook until heated through, 2-3 minutes.
4. Add remaining ingredients and cook, stirring gently, until shrimp turn pink and curl slightly, about 2 minutes.

Serving suggestion: Serve warm or cool on a bed of romaine or spinach leaves.



Makes 3 (1½ cup) servings. Per serving:

418 calories | 32g protein | 9.7g total fat | 35g carbohydrate | 9g fiber | 551mg sodium