

# FIESTA SHRIMP BAKE

Fiesta Shrimp Bake

*Gluten Free, Lower Saturated Fat, Lower Sodium*

*Serves: 5 (Serving- 1 tart pan)*

## Nutrition (per serving)

|                    |                        |
|--------------------|------------------------|
| Calories: 255      | Total Carbohydrate: 47 |
| Total Fat: 6.5 g   | Dietary Fiber: 2 g     |
| Saturated Fat: 3 g | Protein: 13 g          |
| Sodium: 392 mg     |                        |

## Ingredients

- 3 cups whole grain brown rice, cooked
- 1 ½ cups shrimp (edible portion), cooked
- ½ cup onion, chopped
- ½ cup red bell pepper, chopped
- ½ cup corn
- ½ cup reduced fat Mexican shredded cheese
- ½ cup light sour cream
- 1 ½ Tablespoons fresh cilantro, chopped
- ¾ teaspoon ground cumin
- ½ Tablespoon chili powder
- ½ teaspoon salt
- ¼ teaspoon black pepper
- Non-stick cooking spray

## Directions

1. Preheat oven to 325 degrees Fahrenheit.
2. In a large bowl, stir together all ingredients until well combined.
3. Spray 5 tart pans (4 ½ inch x 1 ¼ inch diameter) with non-stick cooking spray. Portion casserole evenly into each pan.
4. Bake for 20 minutes.