



tuesday

SOUTHWESTERN CAULIFLOWER RICE BOWLS WITH SHRIMP AND AVOCADO CREMA

1 pound large shrimp, peeled and deveined
1 tablespoon finely chopped chipotle chile in adobo
3 tablespoons avocado oil, divided
1 ripe avocado
½ cup roughly chopped cilantro, plus 2 tablespoons, divided
4 tablespoons low-fat plain yogurt
1 tablespoon lime juice
½ teaspoon salt, divided
¾ teaspoon ground cumin, divided
¾ teaspoon garlic powder, divided
4 cups cauliflower rice
4 scallions, sliced
2 tablespoons water
1 cup canned no-salt-added black beans, rinsed and warmed
1 cup fresh or frozen corn kernels, warmed
Lime wedges for serving

Stir shrimp, chipotle and 1 tablespoon oil together in a medium bowl. Set aside.

Place avocado, ½ cup cilantro, yogurt, lime juice and ⅛ teaspoon of salt in a mini food processor. Process until mostly smooth.

Heat 1 tablespoon oil in a large nonstick skillet over medium-high heat. Add the shrimp and cook, stirring once or twice, until just cooked through, about 4 minutes. Transfer to a bowl and cover to keep warm. Add the remaining 1 tablespoon oil, ½ teaspoon cumin, ½ teaspoon garlic powder and ¼ teaspoon salt. Stir to combine. Add cauliflower rice, scallions and water. Cook, stirring, until tender, about 5 minutes.

Combine beans with the remaining ¼ teaspoon cumin, ¼ teaspoon garlic powder and ⅛ teaspoon salt in a small bowl. Combine corn and the remaining 2 tablespoons cilantro in another small bowl.

To serve, divide the cauliflower mixture among 4 bowls. Top with the shrimp, beans, corn and avocado crema.

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Serves 4
Active Time: 30m
Total Time: 30m

NUTRITION FACTS

Amount per serving:
Calories: 402
Total Fat: 20g
Saturated Fat: 3g
Monounsaturated Fat: N/A
Cholesterol: 183mg
Sodium: 482mg
Carbohydrates: 28g
Dietary Fiber: 10g
Total Sugars: 4g
Added Sugars: N/A
Protein: 32g
Potassium: 1003mg