



## Grilled Teriyaki Shrimp

This plentiful entrée featuring lean and delicious Jumbo Shrimp on a colorful skewer over chewy short grain brown rice with more nutritious vegetables and a savory-sweet sauce is sure to satisfy. Make extra and serve the next day as cold salad.

### INGREDIENTS:

10 jumbo shrimp-5 to a skewer  
1 red bell pepper, cut into 1 1/2 inch squares  
1 yellow pepper, 1 1/2 inch squares  
1 medium red or yellow onion, 1 1/2 inch squares  
½ cup dry organic short grain brown rice, cooked  
1 tsp sesame oil  
1 Tbsp garlic, minced  
2 cups carrots, peeled, Asian angle sliced  
2 cups broccoli, cleaned, trimmed into florets  
½ cup H3 Teriyaki sauce

### PREPARATION:

- Heat grill to high
- Skewer shrimp alternating with pieces of peppers and onions
- Place in a shallow pan and brush with teriyaki to marinate, 30 minutes
- Cook brown rice and reserve
- Heat sesame oil in a medium skillet
- Sauté garlic and carrots.
- Add broccoli and sauté to semi-tender
- Using a fork, fluff vegetables into reserved brown rice
- Grill shrimp for 3 minutes on each side
- Place one cup of rice and vegetables on a warmed plate
- Lay shrimp skewer over the rice
- Drizzle with remaining warm teriyaki sauce.

**Number of Servings:** 2  
**Calories:** 300  
**Fat grams:** 4

