



**Shrimp & Saffron Rice** Provided by EatingWell.com



Golden saffron and a bounty of herbs and summer vegetables make this a beautiful and fresh-tasting dish. Don't overseason; let the flavors sing.

• **INGREDIENTS**

- 2 1/2 cups water
- 1 teaspoon salt, divided
- 1/4-1 teaspoon saffron threads, (see Ingredient Note)
- 1 cup long-grain brown rice
- 2 tablespoon extra-virgin olive oil
- 3 medium yellow summer squash, quartered lengthwise and cut into 1/4-inch-thick slices
- 1 pound raw shrimp, (21-25 per pound), peeled and deveined
- 1/3 cup tightly packed fresh mint leaves, finely chopped
- 2 tablespoon lemon juice
- Freshly ground pepper, to taste

**COOKING DIRECTIONS**

Step 1: Bring water, 1/2 teaspoon salt and saffron to taste to a boil in a medium saucepan. Add rice, return to a boil, cover and reduce the heat to maintain a gentle simmer. Cook until the water is absorbed and the rice is tender, 40 to 45 minutes. Fluff with a fork.

Step 2: About 10 minutes before the rice is done, heat oil in a large skillet over medium heat. Add squash and cook, stirring occasionally, until just tender (do not brown), 5 to 7 minutes. Stir in shrimp and cook, stirring constantly, for 2 minutes. Stir in mint and cook for 30 seconds. Stir in lemon juice; remove from heat. Season with the remaining 1/2 teaspoon salt and pepper. Serve over the rice.

**RECIPE TIPS**

Ingredient Note: Saffron, the world's most expensive spice, is the dried stigma of a crocus and contributes a pungent flavor and intense yellow color to food. It is sold in threads and powdered form.

Serves 4 - Prep Time 40 min. - Total Time 60 min.

**NUTRITION INFO**

Per serving

Calories: 350 Carbohydrates: 42g Fat: 10g Protein: 24g Dietary Fiber: 5g Saturated Fat: 2g Monounsaturated Fat: 6g Cholesterol: 168mg Potassium: 654mg Sodium: 790mg

Exchanges: 2 1/2 starch, 1 vegetable, 3 very lean meat, 1 fat

Carbohydrate Servings: 2 1/2