

Tequila Shrimp over Rice

Servings: 6

Printable version

Ingredients

- 1½ pounds large shrimp, peeled
- 2 Tbl. butter, unsalted if available
- ½ c. tequila
- ½ Tbl. corn starch mixed into ¼ c. water
- ¾ c. light sour cream
- 3 green onions, thinly sliced
- 1½ c. (dry) brown basmati or jasmine rice

Directions:

1. Make rice according to rice cooker or package directions to that it is ready before you begin.
2. Melt butter in large skillet over medium heat, add shrimp and sauté until color turns pink (3 to 5 minutes).
3. Reduce heat and add tequila, then increase heat to medium-high. Light tequila with a long match (be aware that the flames can shoot up, so use caution).
4. Cook, shaking skillet a few times until flames subside.
5. Reduce heat to medium again, add cornstarch/water mixture stirring in quickly to thicken without lumps.
6. Remove from heat, stir in sour cream and green onions.
7. Serve immediately, over rice.

Nutrition: (Serving size: 1/6th Shrimp with sauce over ½ c. rice)

Calories: 380 Protein: 28g total carbohydrate: 35g total fat: 9.5g
sugars: 3g saturated fat: 4.5g sodium: 189mg dietary fiber: 2g