



From the Kitchen of Executive Chef Jessica VanRoo

Holiday Shrimp Paella

Serves 6

207 calories per serving

Description from Living Well UCI Health Blog: www.ucihealth.org/blog

This is a colorful dish you can enjoy guilt free!

Shrimp is a low-calorie, low-fat, high-quality source of protein. Eating shrimp can promote heart and brain health because they contain omega-3 fatty acids. They also are a rich source of astaxanthin, a powerful antioxidant found in salmon and trout that also improves heart and joint health.

Rice is, of course, a staple of traditional paellas. When you substitute brown rice for white, you boost the fiber content of this flavor-rich meal, which leaves you feeling full longer.

Total cost: \$16/\$2.67 per serving



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Ingredients

- 1 ½ cups short grain brown rice
- 1-2 tablespoons avocado oil
- 1 large yellow onion, chopped
- 1 tablespoon minced garlic, about 2 large cloves
- 2 Roma tomatoes, diced
- 1 red bell pepper diced
- 1 ½ tablespoon hot Hungarian paprika
- 1 ½ tablespoon smoked paprika
- ¼ teaspoon saffron, soaked in ¼ cup water (optional); you can also use safflower, but double the amount.
- 3 cups chicken stock or seafood stock, add more as needed
- 1 pound large shrimp
- 1 cup frozen green peas
- Parsley to garnish (optional)

Instructions

1. Rinse and soak rice at least 30 minutes.
2. Heat a deep pan or cast-iron skillet over medium-high heat. When pan is hot, coat with oil and sauté onions and garlic until onions turn translucent, about 1 minute.
3. Add tomatoes and bell pepper and cook until peppers and tomatoes begin to soften, about 1-2 minutes.
4. Drain rice, add to pan along with paprikas, saffron and saffron water. Mix well.
5. Add stock to pan, cover and cook over low heat for 45 minutes, adding more water or stock as needed.
6. Remove lid after 45 minutes, scatter shrimp and peas over the top of the mixture, replace lid. Then cook 8 more minutes.
7. Uncover, garnish with parsley and serve with a fresh green salad on the side.