

Shrimp and Rice



Ingredients:

- 2 1/2 cups brown rice, cooked
- 1 cup green peas
- 12 ounces shrimp, cooked
- 2 eggs
- 1 tablespoon olive oil

Directions:

1. Heat olive oil in skillet (preferred), or nonstick pan.
2. Add peas and shrimp to the skillet and cook until warm.
3. Mix rice, shrimp, and peas together in the skillet. Make a hole in the center and add eggs, cooking until scrambled. Serve warm.

Makes 4 Servings



Tarrant County Public Health

<http://health.tarrantcounty.com>