Creamy Pesto Shrimp

EGG-FREE & GLUTEN-FREE

INGREDIENTS

1 1/2 cups

Long grain white rice

3 cups water

1 tbsp olive oil

1 shallot, thinly sliced

1 garlic clove, minced

1 lb peeled shrimp

1/2 cup pesto sauce

1/4 cup cream (optional)

1/4 cup chopped fresh basil

DIRECTIONS

Cook the rice according to package directions.

In the meantime, in a large non-stick skillet, heat the oil over medium-high heat. Add the shallot and garlic and cook, stirring, until they’re fragrant, about 30 seconds. Add the shrimp and cook, flipping once, until its bright pink and opaque, about 5 minutes. Add the pesto sauce and cream and cook for another 3 minutes. Stir in the basil.

Serve immediately or store in the refrigerator for up to 3 days.

Recipe is from: [www.healthymealplans.com](http://www.healthymealplans.com)

Ana’s Kitchen tips: To easily measure sticky sweeteners, spray the inside of the measuring cup lightly with non-stick spray. This will make it much easier to get the sweetener out of the cup!

Invest in an instant-read thermometer so you don't have to guess if your meats are cooked in the middle. Buy an instant-read thermometer if you don't have one. You'll always know if your meats are done just by checking it.