

# Yellow Potato & Red Pepper Shrimp Saute

## Ingredients:

- 3 medium yellow potatoes
- 2 tbs olive oil
- 2 cloves garlic, minced
- 1 small onion, chopped
- 1 medium red bell pepper, coarsely chopped
- 1/2 cup white grape juice
- 1/2 cup water
- 1 tsp vinegar
- 12 oz. frozen jumbo shrimp, peeled & deveined, no-sodium-added  
*(may substitute with cubed chicken breast)*
- 1 medium fresh zucchini, cut in small chunks
- 1 tsp Italian medley seasoning, low-sodium, such as Mrs. Dash
- 1/4 tsp ground black pepper
- 1 lemon, divided
- 1/4 cup Parmesan cheese



## Instructions:

Pierce the skin of each potato with a fork; microwave potatoes on high for 2 minutes. Turn potatoes over and microwave 2 more minutes. Remove from microwave and cool slightly. While potatoes are cooling, heat olive oil in large saucepan. Add garlic, onions, and bell pepper, and cook about 3-4 minutes. Cube potatoes. Add juice, water, and vinegar to saucepan; bring to boil. Add shrimp, zucchini, potatoes, and seasoning. Return to boil and simmer 5-8 minutes until shrimp, potatoes, and zucchini are done. Halve the lemon; squeeze juice from half the lemon into the saucepan. Serve with Parmesan cheese and lemon wedges cut from remaining lemon half.

# Nutritional Information

Serves: 4

Calories: 330

Total Fat: 10g

Saturated Fat: 2g

% Calories from Fat: 27%

% Calories from Sat Fat: 5%

Protein: 24g

Carbohydrates: 38g

Cholesterol: 120mg

Dietary Fiber: 6g

Sodium: 240mg

Source: Fruits and Veggies More Matters