

Shrimp with Rice and Asparagus

1 tablespoon olive oil
2 cloves garlic, minced
1/2 medium red onions, finely diced
1/2 cup oil packed, sun dried tomatoes, drained and julienned
1/2 cup vegetable or chicken broth
1/2 cup white wine
1 tablespoon lemon zest
2 tablespoons lemon juice
1/2 teaspoon black pepper
Salt to taste
1/2 cup brown or white rice
1/2 pound medium, raw shrimp, peeled and deveined
1/2 pound asparagus spears, cut into 1" pieces, woody bottoms discarded
1/4 cup fresh or frozen green peas
1/2 cup roasted cashew nuts
3 green onions, sliced
2 tablespoons chopped parsley
Salt and pepper to taste

In a saucepan, heat the olive oil over medium heat and sauté the garlic and onion for 3 minutes. Add the sun-dried tomatoes and continue to sauté for 1 more minute. Add the vegetable stock, white wine, lemon zest, lemon juice, pepper and salt. Bring to a boil. Stir in the rice and simmer on a low heat with the saucepan covered, until the rice is almost tender to the bite (read directions on package and cut short by about 8 minutes).

Add the shrimp to the saucepan on top of the rice and simmer for 3 more minutes. Add the asparagus and peas on top of the shrimp and simmer for 6 more minutes. Season with salt and pepper. Top with cashews, green onions and parsley.