

Cajun Shrimp Casserole



Totals for one serving (makes six):

Calories 214 Fat 6g Fiber 0g Carbs 27g

What you'll need:

- | | | | |
|-----|---|-----|--|
| 2 | T Smart Balance margarine | 1/4 | Cup Worcestershire sauce |
| 1 | Small onion chopped | 1 | Pound fresh raw shrimp, peeled and deveined |
| 1 | T Chopped garlic | 1/4 | Cup fat free mayonnaise |
| 1 | tsp Kosher salt | 1/4 | Cup fat free cream cheese |
| 1 | tsp Tony Chachere's Creole seasoning | 3/4 | Cup reduced fat shredded Mozzarella cheese |
| 1 | 8 Ounce container fresh (clean) mushrooms | 1 | Cup <u>cooked</u> brown rice |
| 1 | 8 Ounce can chopped or sliced water chestnuts | | |
| 1/4 | Cup white wine (cheap is okay) | | |
| 1 | Large non-stick skillet | 6 | 8 Ounce glass Pyrex bowls, oven and microwave safe |
| 1 | Large mixing bowl | | |

Let's get to cooking!

1. Preheat oven to 350 degrees.
2. In your skillet, on medium heat, melt margarine - then add onion, garlic, salt and Creole seasoning and cook until onion is slightly clear..
3. Add mushrooms, water chestnuts, wine, Worcestershire and shrimp and cook until shrimp are pink.
4. While this is heating up, in a separate bowl mix together mayonnaise, cream cheese and mozzarella cheese.
5. Once shrimp are pink remove from heat and fold everything in the skillet into the cheese mixture. Then fold in the rice until well mixed.
6. Scoop equal portions into six individual 8-ounce glass Pyrex oven safe bowls and bake for 15 minutes or until bubbly and serve hot. *Remember everything is already cooked so you're just making this piping hot.*

NOTE: If you do not intend to eat all six portions, go ahead and bake them all for 15 minutes, allow for cooling, cover well with aluminum foil and then freeze what you do not intend to eat. When re-heating allow for each frozen individual casserole to thaw and then microwave on half power 3-4 minutes or until piping hot.

The amazing Neil Stallings created this **Kitty's Lighter Weigh** recipe.