



SPORTS NUTRITION RECIPES



HONEY GLAZED SHRIMP & BROCCOLI OVER RICE



BY BREEZE BROWN, RD

WHAT YOU'LL NEED:

1/3 C HONEY
1/4 C SOY SAUCE
1 TBSP. MINCED GARLIC
1 TSP. MINCED FRESH GINGER (OPTIONAL)
1LB MEDIUM COOKED SHRIMP
2 TSP. OLIVE OIL
CHOPPED GREEN ONION (OPTIONAL)
WILD OR BROWN RICE
1 BUNCH BROCCOLI

PUTTING IT TOGETHER:

1. WHISK HONEY, SOY SAUCE, GARLIC AND GINGER TOGETHER IN A MEDIUM BOWL
2. PLACE SHRIMP IN A LARGE ZIP LOCK BAG OR TUPPERWARE AND POUR IN HALF THE MARINADE. LET SIT FOR 15 MIN (IN REFRIGERATOR)
3. WHILE SHRIMP IS MARINATING, COOK BROWN RICE AS DIRECTED AND STEAM BROCCOLI.
4. HEAT OLIVE OIL IN A SKILLET OVER MEDIUM - LOW HEAT. ADD SHRIMP AND HEAT FOR 3-5 MIN. ADD BROCCOLI AND REMAINING MARINADE. HEAT FOR ANOTHER 2 MIN.
5. PLACE SHRIMP AND BROCCOLI OVER TOP OF THE BROWN RICE AND ENJOY!