

Recipes makes: 1 Serving



Ingredients-

- ♥ ½ Tbsp ginger
- ♥ 1 clove of garlic
- ♥ ¼ cup shallot, chopped
- ♥ ½ Tbsp paprika
- ♥ 1 tsp turmeric
- ♥ 1 cup butternut squash
- ♥ ½ Tbsp vinegar
- ♥ 4 jumbo shrimp
- ♥ 1 Tbsp vegetable oil
- ♥ 2 asparagus spears
- ♥ 1 Tbsp fresh cilantro

PREPARATION:

1. Steam butternut squash for 15-20 minutes or until fully cooked.
2. In a blender add ginger, garlic, onion, paprika, and turmeric. Blend until it becomes a paste.
3. Heat 1 Tablespoon of vegetable oil in large saucepan over medium heat.
4. Add squash and paste to saucepan. Sauté for 5-6 minutes, add water as needed.
5. Add shrimp and let cook for 5-6 minutes or until internal temperature is 145°F.
6. Top with Vinegar, asparagus, and fresh cilantro.
7. Enjoy!

Nutrition Facts			
Serving Size: 1.5 Cups (352.0g)			
Servings: 1			
Amount Per Serving			
Calories 360	Calories from Fat 140		
% Daily Value*			
Total Fat 16g	25%		
Saturated Fat 2.5g	11%		
Trans Fat 0g			
Cholesterol 145mg	48%		
Sodium 660mg	27%		
Total Carbohydrate 37g	12%		
Dietary Fiber 5g	20%		
Sugars 4g			
Protein 21g			
Vitamin A 350%	• Vitamin C 70%		
Calcium 20%	• Iron 20%		
*Percent Daily Values are based on a 2,000 calorie diet. Your Daily Values may be higher or lower depending on your calorie needs.			
	Calories	2,000	2,500
Total Fat	Less than	65g	80g
Sat Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2400mg	2400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g