

The Recipe (Adapted from *Good Housekeeping*):

1. Cook 1 cup of the brown rice according to instructions, in a small pot.
2. Remove about 6 to 8 of the frozen shrimp and thaw by running under cold water for about 5–10 minutes. If they still have their shells on, remove the shells after thawing, and set aside to add to stir fry shortly.
3. Add 1 tsp. vegetable oil to skillet, then add 1 cup mixed vegetables after pan has reached medium-hot temperature. Mix the vegetables to coat with oil, and continue to cook for about 5 minutes.
4. Mix 2 Tbsp. soy sauce or stir fry sauce with $\frac{1}{4}$ tsp. cornstarch, then add to skillet along with the thawed shrimp and pineapple.
5. When shrimp become opaque, remove from stove and pour the stir fry on top of the brown rice on a plate.
6. Enjoy with a glass of fat-free milk or a cup of yogurt for dessert.

Other ideas...

- Switch out the protein in the recipe—prepare with cooked chicken or tofu instead of shrimp.
- Make a breakfast smoothie with the leftover pineapple, milk or yogurt and a banana.
- Combine any leftover brown rice and stir fry. Add black beans and a dollop of light sour cream and salsa. Wrap in a whole wheat tortilla for a filling lunch or dinner.

Take Time to Enjoy Your Meals

Appreciate the hard work you put in to create a dish that looks appealing, smells good, and tastes delicious! Eat in a pleasant, comfortable atmosphere that helps you relax. Making great meals for one is a positive way to stay well and healthy. Dinner for one can be a part of the day that you look forward to and enjoy.

References

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