

CAJUN SHRIMP AND RICE

(from *Food Network Magazine*, April 2010)

1 Tablespoon unsalted butter
2 Tablespoons olive oil
3 cloves garlic, minced
2 teaspoons Cajun seasoning
1 pound large shrimp, peeled and deveined, tails intact
Salt and freshly ground pepper
4 plum tomatoes, chopped
2 bunches scallions, chopped
3 cups cooked rice
3 Tablespoons chopped fresh parsley

Heat the butter, olive oil, and garlic in a large skillet over medium-high heat until fragrant, about 1 minute. Add the Cajun seasoning and shrimp and cook, stirring until the shrimp begin to curl, about 1 minute. Season with salt and pepper.

Add the tomatoes and scallions to the skillet and cook, stirring, about 1 minute. Add the rice and 1/4 cup water and continue to cook until the rice is warmed through and the shrimp is opaque, about 3 more minutes. Stir in the parsley and serve with lemon wedges, if desired.