

Spicy Mustard Shrimp with Chard

Makes 1 serving (1 protein, 1 vegetable)
21 grams protein
1.5 grams fat
145 calories

Ingredients

- 100 grams shrimp
- ½ cup vegetable broth or water
- 1½ cups chard, chopped
- ½ cup vegetable broth or water
- 3 tablespoons Homemade Mustard (see recipes)
- 1 tablespoon Bragg's liquid aminos
- 1 tablespoon apple cider vinegar
- 2 tablespoons lemon juice
- Pinch of red pepper flakes
- 2 cloves garlic, sliced
- 2 tablespoons onion, chopped
- Salt and pepper to taste

PHASE 3 MODIFICATIONS:

Cook with a little olive oil, sesame oil or walnut oil. Top with 2 tablespoons chopped roasted almonds.

Directions

1. Sauté the shrimp with onion, garlic, Bragg's, vinegar, lemon juice and mustard until cooked.
2. Remove the shrimp and deglaze the pan with the vegetable broth.
3. Add chard to the broth and cook, stirring occasionally until chard is tender.
4. Add a little water if needed.
5. Top with mustard shrimp and enjoy.

