

Cinch™ Sizzling Shrimp

INGREDIENTS:

- ¼ C. Lemon juice
- ¼ C Dry white wine
- 2 t. Olive oil
- 2 ea. Large cloves of garlic, finely chopped
- 1 lb Medium shrimp, peeled and deveined
- 1 ea. Bay leaf
- ¼ tsp. Crushed red pepper
- 2 T Fresh, chopped parsley
- Salt* (optional) and pepper to taste
- Non-stick spray

DIRECTIONS:

Combine together in a medium sized bowl, lemon juice, wine, 2 tsp of olive oil and garlic. Add shrimp and coat. Cover and let marinate in the refrigerator for 20 minutes. Drain, saving marinade in a small bowl.

Heat non stick spray in skillet on medium high heat. Add shrimp and cook, turning until pink. Transfer to small plate. Add bay leaf, red pepper and reserved marinade to the pan and simmer for 3-4 minutes. Add back in the shrimp and heat throughly. Season with salt and pepper as desired and sprinkle with chopped parsley.

Makes 4 servings (¾ cup serving size).
Calories per serving: 144

NUTRITIONAL INFORMATION PER SERVING:

24 g protein
2 g carbohydrates
4 g fat
315 mg sodium*
172 mg cholesterol

* To reduce sodium do not season with salt.

