

## SPICY MARINATED SHRIMP APPETIZERS

From the King County (Washington) Public Health Department

<http://www.kingcounty.gov/healthservices/health/nutrition/recipes/Appetizers/SpicyShrimp.aspx>

### **Ingredients**

- 2 pounds fresh or frozen shrimp with tails intact (peel and devein if necessary)
- 1/4 cup chile pepper, minced (Warning: the oils in chile peppers are hot! Avoid touching eyes and mucous membranes when cutting and removing seeds. Wear disposal gloves when handling and wash hands with warm water and soap after preparing.)
- 1 teaspoon grated lime peel
- 1/4 cup lime juice
- 2 tablespoons oil
- 2 tablespoons chives, minced
- 2 tablespoons cilantro, minced
- 1/2 teaspoon sugar
- 2 cloves garlic, crushed
- Salt and pepper, to taste (salt not calculated in Nutrition Facts)
- Crushed ice (optional)
- Lemon or lime wedges (optional)

### **Instructions**

1. Thaw shrimp if frozen. Bring 4 cups of water to boiling in a large saucepan. Cook shrimp for 2-3 minutes or until opaque. Drain in a colander and rinse with cold water. Set aside.
2. In a large plastic bag or storage container with a lid, add the chile pepper, lime peel, lime juice, oil, chives, cilantro, sugar, garlic, salt and pepper. Mix well then add shrimp. Toss until well-coated. Seal and marinate in refrigerator for 2-3 hours.
3. Remove shrimp and discard remaining marinade. Add crushed ice in a medium size bowl or platter and arrange shrimp on top and add a few wedges of lemon or lime wedges for garnish.

Makes 12 servings. Serving size: 1/12 of recipe (91g)

### **Nutritional information per serving (4 servings)**

Calories: 95

Calories from fat: 23

Total fat: 3g

Saturated fat: 0g

Cholesterol: 115 mg

Sodium: 113mg

Total carbohydrate: 2g

Percent Daily Values are based on a 2,000 calorie diet.

Dietary fiber: 0g

Sugars: 0g

Protein: 15g

Vitamin A: 4%

Vitamin C: 10%

Calcium: 4%

Iron: 10%



**Wellness Center**