

Chili Lime Shrimp



INGREDIENTS (Serves 4)

- ¼ cup lime juice (from 2-3 fresh limes)
- 2 medium garlic cloves, sliced
- 1 large jalapeno, diced
- ¼ teaspoon sea salt
- ¼ cup canola oil
- 1 pound easy-peel shrimp with shell on

PREPARATION

1. In a food processor, process lime juice, garlic, jalapeno and salt until smooth. Slowly add oil until emulsified.
2. Pour marinade over shrimp and marinate in a covered bowl in the refrigerator for 30-60 minutes, turning occasionally.
3. Remove shrimp from marinade and add to a hot skillet or grill. Cook shrimp for 2 minutes on each side. Season with salt to taste.

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SHOPPING LIST

Produce

Garlic cloves
Jalapeno pepper
2-3 limes

Grocery

Canola oil

Meat/Poultry/Fish

1 pound easy-peel shrimp with shell on

Spices/Seasoning

Sea salt

SERVING SUGGESTION

Serve with green salad, white or fried rice, corn on the cob or black bean salad.

NUTRITIONAL INFORMATION

Per Serving: 249 calories, 16 g. fat, 173 mg. cholesterol, 3 g. carbohydrate, trace of dietary fiber, 23 g. protein, 302 mg. sodium

The nutritional values and information provided are approximations.

This Rush Hour Recipe courtesy of:

Michael Paynic

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