

SOUTHERN BARBECUED SHRIMP



Thompson
DeLight

Recipes under 450 calories

Ingredients

Servings: 10

- 8 ounces (1 cup) unsalted butter
 - 1 medium lemon, peeled and juiced
 - 2 tablespoons Worcestershire sauce
 - 1 tablespoon garlic, chopped
 - 4 bay leaves
 - 1 tablespoon smoked paprika
 - 1 teaspoon Cajun seasoning
 - 1/2 teaspoon cayenne pepper
 - 1 tablespoon kosher salt
 - 1 teaspoon freshly cracked black pepper
 - 3 pounds (16 to 20) shrimp
- Melt the butter in a 12-inch skillet over medium-high heat.
 - Reduce the heat to medium low and add the lemon peel and juice, Worcestershire sauce, garlic, bay leaves, smoked paprika, Cajun seasoning, cayenne, salt and cracked pepper.
 - Stir and simmer for about 5 minutes to blend the flavors, being careful not to let the garlic brown.
 - Add the shrimp and increase the heat to medium. Cook until the internal temperature of the shrimp reaches 150 F.
 - Remove the shrimp from the heat and serve immediately with grits and sautéed kale.

