

CHIMICHURRI SHRIMP



Thompson
DeLight

Recipes under 450 calories

Ingredients

Servings: 40

- 2 cups cilantro leaves
- 2 cups flat-leaf parsley leaves
- 2 cups arugula
- 1/2 cup shallots, chopped
- 1 red bell pepper, chopped
- 3 ounces fresh lemon juice
- 3 ounces red wine vinegar
- 2 teaspoons crushed red pepper
- 10 garlic cloves
- 2 teaspoons kosher salt, divided
- 6 ounces extra-virgin olive oil
- 3 ounces canola oil
- 10 pounds (16-20) shrimp, peeled and deveined
- 2 teaspoons black pepper
- Cooking spray
- Place the first 9 ingredients and 1 teaspoon of salt into a food processor. Pulse until smooth.
- Combine the oil and shrimp in a bowl; toss to coat.
- Season with the remaining salt and pepper.
- Heat the grill, and then coat it with the cooking spray. Place the shrimp on the grill and cook for 2 minutes on each side.
- Check to make sure the internal temperature reaches 145 F.
- Remove from the grill, drizzle the chimichurri atop the shrimp, and serve with steamed farro and roasted corn.

