



Spiced garlic & ginger shrimp

SERVINGS: 4 (about 8 shrimp per serving)

PREP TIME: 40 minutes **COOK TIME:** 8 minutes

INGREDIENTS:

1 teaspoon paprika

1/2 teaspoon oregano

½ teaspoon cumin

1/4 teaspoon onion powder

1/4 teaspoon cayenne pepper

1½ pounds shrimp, peeled and deveined

2 tablespoons olive oil, divided

3 cloves garlic, minced

2 teaspoons ginger root, minced

½ cup tomatoes, diced

1 tablespoon fresh lemon juice

1 tablespoon fresh parsley, chopped

1/4 teaspoon salt

1/4 teaspoon black pepper

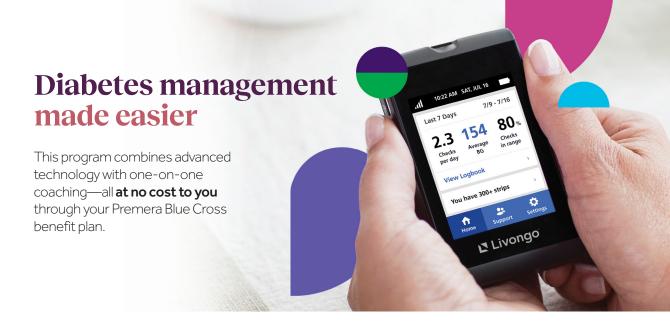


DIRECTIONS:

- **1.** In a large bowl, whisk together paprika, oregano, cumin, onion powder and cayenne pepper.
- **2.** Add shrimp to bowl and toss to combine. Drizzle with 1 tablespoon olive oil and toss once more. Cover with plastic wrap and refrigerate for 30 minutes.
- **3.** Heat remaining tablespoon of olive oil in large skillet over medium-high heat.
- 4. Add garlic and ginger root and sauté for 2 minutes.
- **5.** Add spiced shrimp to pan and sauté for 3 minutes, then turn shrimp over and add tomatoes to pan. Cook an additional 3 minutes, then add lemon juice, parsley, salt and pepper. Serve immediately.

NUTRITION ANALYSIS (PER SERVING):

Calories: 254 Total fat: 10.0 g Saturated fat: 1.5 g Carbohydrates: 4.7 g Dietary fiber: 0.8 g Protein: 35.1 g Sodium: 395.7 mg Cholesterol: 258.5 mg



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