



Spiced garlic & ginger shrimp

SERVINGS: 4 (about 8 shrimp per serving)

PREP TIME: 40 minutes

COOK TIME: 8 minutes

INGREDIENTS:

- 1 teaspoon paprika
- ½ teaspoon oregano
- ½ teaspoon cumin
- ¼ teaspoon onion powder
- ¼ 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
- ¼ teaspoon salt
- ¼ 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	Carbohydrates: 4.7 g	Sodium: 395.7 mg
Total fat: 10.0 g	Dietary fiber: 0.8 g	Cholesterol: 258.5 mg
Saturated fat: 1.5 g	Protein: 35.1 g	

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