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GARLIC SHRIMP

Basic Lifestyle

Ingredients

2TBS olive oil
4 large garlic cloves, finely minced
1 TSP hot pepper flakes
1 lb. medium shrimp, shelled and de-veined
2 TBS fresh lemon juice
2 TBS dry sherry
1 TSP paprika
Morton's Lite salt and freshly ground black pepper
chopped parsley

Instructions

1. Heat the olive oil in a sauté pan over moderate heat. Add the garlic and hot pepper flakes and cook 1 minute.
2. Increase the heat to high. Add shrimp, lemon juice, dry sherry and paprika, stir well and sauté quickly, about 3 minutes. Sprinkle with salt, pepper and parsley and serve at once.

Portion-Per-Serving Information: (Yields 4-5 servings)

Serving = 5-6 shrimp = 1 P