

NOLA BBQ Shrimp

Chef Andy of Ru's Pierogi

RECIPE MAKES: 10 SERVING

INGREDIENTS

- 30 jumbo shrimp
- 2.5 Tbsp. unsalted butter
- 1 cup homemade stock
- 2 tsp. Worcestershire sauce
- Spices (all dried)
 - ½ tsp. oregano
 - 1 tsp. rosemary
 - 2 tsp. cayenne pepper
 - 2 tsp. black pepper
 - 1 tsp. crushed red pepper
 - 1 tsp. thyme
- 3 cloves garlic (minced)
- French Baguette (1" slices)
30 total
- ¼ cup olive oil

NUTRITION INFO

Nutrition Facts	
servings per container	
Serving size	3 shrimp, 2 oz. broth
Amount per serving	
Calories	110
% Daily Value*	
Total Fat 5g	6%
Saturated Fat 2g	10%
Trans Fat 0g	
Cholesterol 35mg	12%
Sodium 240mg	10%
Total Carbohydrate 9g	3%
Dietary Fiber 0g	0%
Total Sugars 1g	
Includes 0g Added Sugars	0%
Protein 5g	
Vitamin D 0mcg	0%
Calcium 23mg	2%
Iron 0mg	0%
Potassium 82mg	2%

*The % Daily Value tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

PREPARATION

1. Preheat oven to 350°F
 2. Make homemade stock (optional) or use a low sodium/unsalted store bought variety
 3. Thaw shrimp in bowl (in cold water)
- Tip: have an extra bowl for shrimp peels
4. Peel and mince garlic
 5. Combine all spices into a measuring cup
 6. Heat pan over medium/high heat
 7. Add butter, melt slightly
 8. Add garlic, cook about 1 ½ minutes
 9. Add spices
 10. Add shrimp, cook 2-3 minutes, tossing occasionally
 11. Add Worcestershire sauce
 12. Add stock and simmer
 13. Put crostini's on baking sheet and lightly toast in oven a few minutes at 350°F – when they are done so are the shrimp
 14. ENJOY!

Healthy Options

