



Fiery Shrimp Diablo

Serves 8



Fiery Shrimp Diablo

Ingredients

- 2 Tbsp. olive oil
- 1 each green bell pepper, medium dice
- 1 each red bell pepper, medium dice
- 1 each yellow bell pepper, medium dice
- 2 each shallots, chopped
- 2 Tbsp. garlic, fresh, chopped
- 3 lb. shrimp, 31-40 count, thawed
- 1 Tbsp. white balsamic vinegar
- ½ each lime, zest and juice
- 8 oz. diced tomatoes, no added salt
- 2 Tbsp. jalapenos, canned, drained
- 1 cup seafood stock
- ½ tsp. red pepper flakes
- 1 tsp. chili powder
- 1 tsp. paprika
- 2 Tbsp. cilantro, fresh, chopped
- 2 Tbsp. parsley, fresh, chopped

Directions

1. Heat a sauté pan to medium high heat and add olive oil. Add peppers, shallots and garlic. Cook until shallots and garlic are lightly caramelized.
2. Add shrimp and cook for 2-3 minutes. Deglaze with white balsamic vinegar and lime juice. Reduce liquid by half.
3. Add the next 6 ingredients and stir to combine. Bring back to a rapid simmer and cook for 5 minutes. Cook shrimp to an internal temperature of 145 degrees.
4. Remove from heat, toss in fresh herbs, stir and serve. One serving is 6 oz.

Nutritional facts per 1 serving (6 oz.):

Calories 150, Total Fat 2.5g (4%), Saturated Fat 0g (2%), Cholesterol 210mg (70%), Sodium 210mg (8%), Total Carbohydrate 6g (2%), Dietary Fiber 2g (6%), Total Sugars 3g, Protein 27g