

Atkins Garlic Shrimp with Avocado Dip

SOURCE: Cynthia DePersio

Prep time: 15 minutes **Bake/Cook time:** 5 minutes

This delicious appetizer can be served piping hot from the grill or at room temperature.

INGREDIENTS:

2 medium ripe avocados, pitted/peeled
3 TBS jalapeño hot sauce
1/2 tsp salt
24 peeled/de-veined jumbo shrimp
1 TBS olive oil
1 large garlic clove, pushed through a press
Pinch cayenne pepper

DIRECTIONS:

1. Cut up avocados - place them directly into food processor - purée with hot sauce + salt till smooth. Heat grill to medium-high heat.
2. In bowl, rub shrimp with oil, garlic + cayenne - thread 3 shrimp onto each of 8 skewers, leaving small spaces between shrimp. (If using wooden skewers, soak in water for 1 hour before using so they won't burn)
3. Grill shrimp covered, about 2 1/2 minutes per side, till golden and just cooked through. Serve with avocado dip.

Servings: 8

Carbohydrates: 3.5 grams

Net Carbs: 1.5 grams

Fiber: 2 grams

Protein: 6 grams

Fat: 9.5 grams

Calories: 122