

ALMOND SHRIMP & PEPPERS

Source: Seafood - A Collection of Heart-Healthy Recipes (J. Harsila & E. Hansen)

INGREDIENTS:

Marinade:

2 TBS lemon juice
3 cloves garlic, finely minced
1/8 tsp red pepper (Cayenne)
1/2 tsp black pepper
1 TBS olive oil
2 TBS chives, thinly sliced OR 2 tsp dried chives
2 TBS parsley, chopped
2 tsp dried basil

1 1/2 lb raw shrimp, peeled/de-veined
1 red bell pepper, julienne cut
1/2 C blanched slivered almonds
1 TBS polyunsaturated margarine
Lemon wedges
Grape clusters
Cooked rice

DIRECTIONS:

To make marinade: lemon juice, garlic, red & black pepper, olive oil, chives, parsley & basil - add shrimp & marinate fish 15 minutes at room temperature.

In wok or skillet, sauté bell pepper & almonds in margarine, till pepper is tender-crisp. Add marinade with seafood & continue sautéing 2-3 minutes or till shrimp is opaque. Garnish with lemon wedges & serve with grape clusters & rice.

Makes 6 servings

[per serving: 160 calories; 10 g fat; 180 mg sodium; 1800 mg cholesterol]