

POACHED PRAWNS

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

INGREDIENTS:

1 qt water
1 small lemon, sliced (OR 2 TBS lemon juice)
1 small onion, sliced
2 tsp pickling spices
1/4 tsp salt (optional)
1 1/2 lb raw prawns or shrimp

DIRECTIONS:

Combine water with lemon, onion & spices - bring to boil & add prawns. Cover & simmer 3 minutes - drain & cool. Remove shells & de-vein. Use in recipe calling for cooked prawns or shrimp.

Makes 4 servings

[per serving: 165 calories; 1.4 g fat; 235 mg sodium (without salt); 265 mg cholesterol]