

California Shrimp Cocktail

Serving Size: 1 shrimp appetizer

Serves: 18

Ingredients

3 tablespoons unsalted butter
1 clove garlic, minced
1 tablespoon shallots, minced
1 tablespoon fresh chives (or green onions), diced
Pinch of salt
Pinch of freshly ground black pepper
1 pound large shrimp (16-20 count), peeled and deveined

Directions

In a large skillet, heat the butter over medium heat. Add the garlic, shallots, chives, salt and pepper and sauté 1-2 minutes until the aromas begin to bloom. Add the shrimp and sauté just until pink, about 2-3 minutes, stirring constantly. The shrimp should be pink and firm but not chewy or tough. Cool in the refrigerator.

Cocktail Sauce (makes about ½ cup)

1/3 cup unsalted or low sodium ketchup
1 tablespoon prepared horseradish
1 tablespoon fresh lemon juice
1 teaspoon dill pickle relish

Directions

In a small mixing bowl, combine the cocktail sauce ingredients and reserve.

Putting It All Together

18-20 whole grain crackers
2 Haas avocados, peeled and thinly sliced

On each cracker, place a slice of avocado, 1 shrimp and a dot of cocktail sauce. Arrange the appetizers on a serving tray and serve immediately.

Exchanges per serving:

1 Lean Meat, 1 Vegetable, ½ Starch, ½ Fat

Nutrients per serving:

Calories: 148

Calories from fat: 72

Total Fat: 8g

Saturated Fat: 2g

Cholesterol: 43mg

Protein: 7g

Dietary Fiber: 2g

Carbohydrate: 12g

Sodium: 158mg