

Shrimp Veracruz

Preparation Time | 20 min Cooking Time | 10 min Juicy tomatoes and freshly squeezed lime juice give this dish super flavor. Add heat with a pinch of crushed red pepper flakes.

Ingredients:

1 spray cooking spray

1 small onion white, finely chopped

1 small jalapeno pepper cored, seeded, minced (don't touch seeds with bare hands)

1 medium garlic clove minced

1 1/4 pounds shrimp, large, peeled, deveined, tails removed

3 medium tomatoes cored and diced

1/2 tsp table salt

1/4 tsp black pepper

1 Tbsp fresh lime juice

2 tsp cilantro, fresh, minced

¼ cup green olives (optional)

Instructions: Coat a 12-inch nonstick skillet with cooking spray; set pan over medium-high heat. Add onion, jalapeno and garlic; sauté for 2 minutes. Add shrimp; sauté 1 minute, stirring frequently. Add tomatoes, salt and pepper; reduce heat to low and simmer until shrimp are cooked through, about 5 minutes. Stir in lime juice and cilantro; simmer 1 to 2 more minutes so flavors blend. Yields about 1 cup per serving

Rice is not counted in the points

4 Servings @ 4 points, 5 points plus

