



## Garlic Shrimp

### *Serves four*

1 pound (500 grams) of shrimp -- deveined  
1 TBS unsalted butter  
1 TBS olive oil  
6 garlic cloves – minced  
1/2 a lemon  
Black pepper – NO salt needed  
1/2 a TBS of finely chopped parsley

You decide if you want to peel the shrimp or not. I made this recipe with the shells on. However, it is very important that you remove the black vein from the back using a small very sharp paring knife. Simply cut a slit alongside the vein and remove it with a paper towel.

Melt the butter with the oil and add the garlic. Cook the garlic for a couple of minutes until you can smell it. Stir it constantly. Add the shrimp. Mix it with the garlic and squeeze the lemon all over the pan. Add the pepper. Mix it into the shrimp.

Start flipping the shrimp as it changes color to a pink/salmon – about three to four minutes into the process. Cook until the other side does the same thing and turn off the heat. Sprinkle the parsley on top, mix and serve. Enjoy.

**CALORIES 143.50; FAT 7.43 grs (sat 2.42; mono 3.30; poly 0.62); PROTEIN 15.77 grs ; FIBER 0.91 grs; CARBS 2.81 grs; CHOLESTEROL 150.50 mg; IRON 0.36 mg; SODIUM 643.30 mg; CALCIUM 71.14 mg**