### **HEART-HEALTHY RECIPE**



# **REAL SIMPLE**

#### INGREDIENTS

- 1½ pounds large peeled shrimp
- 1 7-ounce jar pickled whole jalapeños and
  ½ cup of pickling liquid
- 1/4 cup fresh lime juice
- ¼ cup minced fresh cilantro
- ¼ teaspoon salt

## Jalapeño Shrimp

Place the shrimp in enough lightly salted water to cover. Bring to a boil. Cover and immediately remove from heat. Set aside 1 minute. Drain and rinse the shrimp under cold water to stop the cooking. Cut the jalapeños in half lengthwise. Place in a large bowl with the shrimp. Toss with the pickling liquid, lime juice, cilantro, and salt. Cover and refrigerate up to 1 day ahead.

#### **Nutrition Per Serving**

Calories 100 (0% from Fat) • Fat 1g (Sat 0g) • Protein 17mg Cholesterol 129mg Calcium 94mg • Sodium • 519mg • Fiber 1g Carbohydrate 4g • Iron 2mg

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