

## Lemon-Garlic Shrimp (makes 8 servings)

4 Fresh Garlic Cloves, minced  
2 tbs Olive Oil  
3 lb Large Shrimp  
1/4 tsp Black Pepper  
1/2 cup Fresh Lemon Juice  
3 tbs Fresh Parsley, chopped

1. Heat oil in large skillet over medium low heat. Add garlic and lightly saute until soft.
2. Turn heat up to medium-high, add shrimp to skillet and saute quickly until just tender, about 3 min.
3. Add pepper and lemon juice and heat to sizzling. Sprinkle with parsley & serve

### Nutrition Per Serving:

205 calories; 36 gm protein; 2 gm carbohydrates; 5 gm fat; 1 gm saturated fat; 331 mg cholesterol; 0 fiber; 382 mg sodium