

Steamed Shrimp with Sauce (makes 6 servings)

This is a super simple way to enjoy shrimp, either hot or cold!

1-1/2 pound Raw shrimp, shell on
1/2 cup Ketchup
To taste Horseradish
1 tsp Fresh lemon juice

Fill a medium-large saucepan about half way with water, then heat to a boil.
Add shrimp all at once and bring water back to a slow boil.
Continue cooking about 3-4 minutes. Shrimp will turn pinkish-orange.
Remove shrimp from stove and drain in a colander in the sink.
Prepare dipping sauce by mixing all other ingredients above.
Serve shrimp hot or chill until cold, letting everyone peel their own. Its fun.
Eat with dipping sauce.

Hint: To keep your kitchen from smelling fishy, try adding 1 teaspoon of plain vinegar to the shrimp cooking water.

Nutrition Facts for one serving (3-4 oz shrimp + sauce):

133 Calories; 24 gm Protein; 1 gm Total Fat; 0 Saturated Fat; 221 mg Cholesterol; 5 gm Total Carbohydrate; 0 Fiber; 485 mg Sodium