

## **Appetizer**

### **Shrimp with Smoky Cocktail Sauce**

Serves 4; serving size: 3 oz cooked shrimp and about 2 Tbsps sauce

#### **Ingredients**

1 lb shrimp, raw, peeled, and deveined  
1 tsp Creole seasoning  
1/3 cup ketchup  
1 Tbsp bottled prepared horseradish  
1 Tbsp lemon juice  
1 chipotle chili pepper in adobo sauce, chopped and mashed with a fork  
1 medium lemon, quartered

#### **Preparation**

1. Place a large nonstick skillet over medium heat until hot. Coat skillet with cooking spray, add shrimp and Creole seasoning, and cook 4 minutes or until opaque in center, stirring frequently.
2. Remove from heat and drain well. Place on a large baking sheet in a single layer and let stand about 5 minutes.
3. Meanwhile, in a small bowl, combine remaining ingredients except lemon.
4. Serve shrimp with sauce and lemon wedges.

#### **Nutrition Information**

Exchange/Choices

1/2 Carbohydrate

2 Lean Meat

Calories: 110

Calories from Fat: 10

Total Fat: 1.0 g

Saturated Fat: 0.3 g

Polyunsaturated Fat:

Monounsaturated Fat:

Cholesterol: 160 mg

Sodium: 585 mg

Total Carbohydrate: 7 g

Dietary Fiber: 0 g

Sugars: 5 g

Protein: 18 g