

Smoky Shrimp (Servings 4)

Ingredients:

- 1 lb. large shrimp tail on and deveined
- 2 tbsp. olive oil (if on a challenge, use a 0 cal spray)
- 2 cloves of garlic, chopped
- 1 tsp. cumin
- 1/4 tsp. crushed red chili flakes (optional)
- Sea salt & pepper to taste
- 1 lime (for juice)
- Fresh cilantro

Directions:

1. Heat olive oil in a non-stick skillet over medium.
2. Add garlic and cook for a 2-3 minutes.
3. Season shrimp with salt, pepper, cumin and red pepper flakes.
4. Cook shrimp for about 2-3 minutes per side until cooked through. Don't crowd shrimp in pan.
5. Toss with fresh cilantro and squeeze lime juice over the top. Enjoy!

(This recipe is fantastic with guacamole!)

