

CRISPY SHRIMP

Makes 5 Servings

INGREDIENTS:

- 1 pound jumbo raw shrimp (16 – 20 count), shelled and deveined
- 1 cup Panko (Japanese style) bread crumbs
- 1/4 cup grated Parmesan cheese
- 2 tablespoons ground flaxseed
- 1 large egg, beaten
- 1 tablespoon canola oil
- 1 tablespoon butter
- 1 lemon cut into wedges, optional

DIRECTIONS:

1. Place the shrimp on a cutting board and, using a sharp knife, cut almost through the curved back side of the shrimp. Open flat, and then gently pound each shrimp with a mallet or rolling pin to flatten. Set aside.
2. Combine the bread crumbs, Parmesan cheese, and ground flaxseed in a shallow bowl. Place the egg in a separate bowl. Dip each shrimp in the egg, then coat evenly with the bread crumb mixture. Arrange on a plate.
3. Heat the oil and butter in a large nonstick skillet over medium-high heat. Add the shrimp and cook until crispy and cooked through, 1 to 2 minutes per side. You may need to cook the shrimp in two batches depending on the size of your skillet.
4. Serve with lemon wedges and your favorite dipping sauce, as desired.

Nutrition Information per Serving (about 4 shrimp):

210 calories, 9g fat (3g saturated, 1g omega-3), 610mg sodium, 14g carbohydrate, 1g fiber, 17g protein, 10% calcium

One serving of fried shrimp can have more than 400 calories. Mine has half that amount. Each serving has an impressive 1 gram of heart-healthy omega-3.

Recipe Created by Liz Weiss, MS, RD, Meal Makeover Moms (<http://mealmakeovermoms.com>)

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