

Baked Shrimps







We are going to a family “get together” cruise. After many years trying to get everyone’s schedules we finally settle down for this Mexican cruise...We will be on the cruise for 7 days , stopping at 3 cities: Cabo San Lucas, Porto Vallarta and Mazatlan. Since the internet service is very limited and extremely expensive at the ship I probably will not be reading your blog, sorry about that, but will definitely catch up once back in land.

Before we leave, I’d like to leave a very and simple way to serve shrimp.

This dish is really easy and simple to prepare...and it is delicious. Serve the shrimps with salad or as an appetizer. By the way, Happy Easter!

Ingredients:

½ lb shrimp

2 clove garlic minced

$\frac{1}{4}$ cup green onion finely chopped
1 tablespoon olive oil
Pinch of paprika
Salt and pepper to taste





Preparation:

Turn the oven to 450F

In a bowl, place the shrimp, garlic, green onion, the spices and the olive oil. Mix gently and place the shrimp in a oven safe dish.

Bake for 5~7 minutes. Serve hot. Do not over cook otherwise the shrimp will have a rubbery texture.

As I mention, could not be easier and simpler than this



Did you know that shrimp have a high resistance to toxins? Since shrimp are an important source of food for large animals, their high resistance to toxins may contribute to high toxin levels in their predators.

Shrimps are high in calcium, iodine and protein. Shrimps have significant levels of cholesterol, but do not contain

saturated fat, it is considered healthy for the circulatory system. Moreover, shrimp is considered a low caloric food.

***Thank you for stopping by Simple Recipes and have
a great week!***