



Yield: 4

Ingredients

- 2 pounds jumbo shrimp
- 1/2 c lite butter, melted
- 4 tbsp chili sauce
- 3 tbsp olive oil
- 2 tbsp Worcestershire sauce
- 2 tbsp fresh lemon juice
- 1 tbsp fresh parsley
- 1 1/2 tsp cayenne pepper
- 1 1/2 tsp liquid smoke (hickory is best)
- 1 tsp paprika
- 1 tsp oregano
- 1/2 tsp hot sauce
- 5 cloves fresh garlic, minced or 1 1/2 tbsp. preminced

Directions

1. Put all of the ingredients in a saucepan except shrimp, stir and let simmer for 10 minutes.
2. Remove pan from heat and let cool.
3. Arrange the shrimp in an oven- proof casserole dish and pour the sauce over the shrimp.
4. Cover and refrigerate for at least 4 hours, or preferably overnight.
5. Preheat oven to 400 degrees and bake shrimp for 15 - 20 minutes.

Tip: Enjoy the flavor of the shrimp and leave the extra sauce to cut on calories

Nutritional Information

Serving:	Calories	Fat	Protein	Carbohydrates	Sodium
1/2 lb	335	21 g	22 g	9 g	740 mg

Carbohydrate Exchanges: 1/2