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### Shrimp Veracruzana

2 tsp canola oil  
1 bay leaf  
1 medium onion, thinly sliced  
2 jalapeño peppers, seeded and thinly sliced  
4 garlic cloves, minced  
1 pound raw shrimp, peeled and deveined  
3 medium tomatoes, diced  
¼ cup green olives, thinly sliced  
1 lime, cut into 4 wedges

1. Heat oil in large nonstick skillet over medium heat.
2. Add bay leaf and cook for 1 minute.
3. Add onion, jalapeños, and garlic. Cook until softened (about 3 minutes).
4. Stir in shrimp, cover and cook until pink and just cooked through (about 3 to 4 minutes).
5. Stir in tomatoes and olives. Bring to a simmer, then reduce heat to medium-low, cover and cook until tomatoes are almost broken down (2 to 3 minutes more).
6. Remove bay leaf. Serve with lime wedges.

Makes 4 servings

#### Per Serving (1 cup):

Calories: 192

Fat: 6 g

Protein: 24 g

Carbohydrates: 11 g

Cholesterol: 172 mg

Fiber: 2 g

Sodium: 324 mg

Source: [http://www.eatingwell.com/recipes/shrimp\\_veracruzana.html](http://www.eatingwell.com/recipes/shrimp_veracruzana.html)