



Hot BBQ Bacon-Wrapped Shrimp



1/4th of recipe (4 shrimp): 196 calories, 6g total fat (2g sat. fat), 809mg sodium, 7g carbs, <0.5g fiber, 4.5g sugars, 26.5g protein

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Prep: 30 minutes **Cook:** 15 minutes



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Ingredients

16 raw jumbo shrimp (about 16 oz.), peeled, deveined, tails removed
2 large jalapeño peppers
8 slices center-cut bacon or turkey bacon
1/4 cup BBQ sauce with 45 calories or less per 2-tbsp. serving

Directions

Preheat oven to 450 degrees. Lay a large piece of foil on a baking sheet, and spray with nonstick spray.

Butterfly inside of shrimp by vertically slicing from tail end to the front (where the vein was), but do not cut all the way through; the cut shrimp should open up like a book. Lay shrimp open and flat.

Halve jalapeños vertically. Remove and discard stems and seeds. Slice each half into 4 strips, for a total of 16 strips.

Slice each piece of bacon in half lengthwise, for a total of 16 long strips.

One at a time, place a jalapeño strip inside a butterflied shrimp, close shrimp halves around it, and wrap shrimp with a bacon strip. Place on the baking sheet, evenly spaced.

Brush shrimp with BBQ sauce.

Bake until cooked through, 10 - 12 minutes.

Set oven to broil.

Broil until bacon is crispy, about 2 minutes.

MAKES 4 SERVINGS

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