



## Honey Walnut Shrimp



1/2 of recipe: 317 calories, 10.5 total fat (1.5g sat. fat), 623mg sodium, 26.5g carbs, 1.5g fiber, 11.5g sugars, 27.5g protein

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**Prep:** 10 minutes    **Cook:** 15 minutes

**Cool:** 10 minutes



### Ingredients

#### Walnuts

1/2 oz. (about 2 tbsp.) chopped walnuts  
1 tsp. brown sugar  
1/2 tsp. light butter  
1 dash salt

#### Shrimp & Sauce

8 oz. (about 16) raw large shrimp, peeled, tails removed, deveined  
1 1/2 tbsp. whole wheat flour  
1/3 cup panko bread crumbs  
1 tsp. garlic powder  
1/2 tsp. chili powder  
1/4 cup (about 2 large) egg whites or liquid egg substitute  
2 tbsp. light mayonnaise  
1 tbsp. honey  
Optional topping: scallions  
Serving suggestions: riced cauliflower and/or brown rice

### Directions

Lay out a piece of aluminum foil for walnuts to cool on after they're cooked. Bring a skillet to medium-high heat. Add walnuts, sugar, and butter to the skillet. Stirring constantly, cook until butter has melted and walnuts are coated in the sugar-butter mixture, 1–2 minutes. Remove from heat, and sprinkle in salt. Spread mixture onto the foil and let cool completely, about 10 minutes.

Meanwhile, place shrimp in a large sealable bag or container. Add flour. Seal bag/container, and shake to coat.

In a wide bowl, combine bread crumbs, garlic powder, and chili powder. Mix well.

Place egg whites/substitute in a second wide bowl. Coat shrimp with egg, followed by the seasoned crumbs.

Spray an air fryer with non-aerosol nonstick spray. Place shrimp in the air fryer, and top with any remaining bread crumbs. Spray with nonstick spray.

Set air fryer to 390°F. Cook until golden brown, crispy, and cooked through, 8–10 minutes.

In a small bowl, mix mayo with honey until uniform.

Place shrimp in a large bowl. Add honey sauce and walnuts, and gently toss to coat.

**MAKES 2 SERVINGS**

**Oven Alternative:** Bake at 400°F until golden brown, crispy, and cooked through, 10–12 minutes.

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