



# New Orleans-Style BBQ Shrimp

Makes 3 to 4 servings

Good nutrition is important to dental health. These quick and nutritious recipes are just what your mouth is looking for.

## Ingredients

1/2 cup extra-virgin olive oil  
 8 tablespoons unsalted butter  
 12 cloves garlic, peeled and smashed (about 1 head)  
 2 bay leaves  
 4 sprigs thyme  
 1 pound large shrimp, shell on and deveined  
 1 teaspoon Worcestershire sauce  
 1 tablespoon kosher salt  
 1 tablespoon sweet paprika  
 1/2 to 3/4 teaspoon cayenne pepper  
 2 tablespoons dry sherry  
 3 lemons, cut into wedges  
 Crusty bread, optional



## Instructions

Preheat oven to 350 degrees. Heat olive oil, butter, garlic, bay leaves and thyme in a large ovenproof skillet over medium heat until butter melts and garlic and herbs are fragrant, about 5 minutes. Toss shrimp, Worcestershire sauce, salt, paprika, and cayenne in a bowl. Add to skillet along with sherry and transfer to oven. Bake until shrimp curl and are pink, about 10 minutes. Transfer to a serving dish and serve with lemon wedges and bread.

## Nutrition Facts

One serving: Calories 330; Total Fat 27 g; Saturated Fat 10 g; Protein 13 g;  
 Total Carbohydrates 9 g; Sugar 1 g; Fiber 1 g; Cholesterol 115 mg; Sodium 860 mg

Recipe Courtesy of Food Network Kitchens



BlueCross BlueShield of South Carolina and  
 BlueChoice® HealthPlan of South Carolina