

# Shrimp on Lemony Watercress

Adapted from a *Cooking Light* recipe, Oct. 2002



## Servings: 4

1. Heat a teaspoon oil in a large nonstick skillet over medium-high heat. Sprinkle shrimp with 1/4 teaspoon salt and paprika. Add them to pan; cook 3 minutes on each side or until done. Combine rind and parsley; sprinkle over shrimp. Keep warm.
2. Combine a teaspoon of olive oil, 1/4 teaspoon salt, lemon juice, sugar, garlic, and pepper. Place watercress in a large bowl; drizzle with lemon juice mixture, tossing gently to coat. Serve shrimp over watercress mixture and garnish with additional Italian parsley.

- 2 teaspoons olive oil, divided
  - 1 1/2 pounds large shrimp
  - 1/2 teaspoon salt, divided
  - 1/4 teaspoon paprika
  - 1 tablespoon grated lemon rind
  - 1 tablespoon Italian parsley, chopped
  - 2 tablespoons fresh lemon juice
  - 2 teaspoons sugar
  - 2 teaspoons minced garlic
  - 1/4 teaspoon freshly ground black pepper
  - 8 cups watercress, about 2 1/2 bunches, washed, trimmed, dried
  - Italian parsley, chopped, for garnish
- Yield: 4 servings (serving size: 2)**

*Per Serving (excluding unknown items): 222 Calories; 5g Fat (21.9% calories from fat); 36g Protein; 6g Carbohydrate; 2g Dietary Fiber; 259mg Cholesterol; 547mg Sodium. Exchanges: 0 Grain(Starch); 5 Lean Meat; 1/2 Vegetable; 0 Fruit; 1/2 Fat; 0 Other Carbohydrates.*

**Carolyn T's Blog: [tastingspoons.com](http://tastingspoons.com)**