

Faux Fried Shrimp



Totals for 8 large shrimp:

Calories 73 Fat 2g Fiber 1g Carbs 6g

What you'll need:

- | | |
|---|-------------------------------------|
| 1 Pound raw shrimp, peeled and deveined | 1 T Garlic powder (any brand) |
| 1 Cup skim milk | 2 tsp Tony Chachere's seasoning |
| 1 Cup whole-wheat flour | 1 tsp ground Thyme |
| 1 Cup yellow cornmeal | 2 tsp Garlic salt |
| 1 T Lawry's seasoned salt | 1 Can butter flavored cooking spray |

One gallon size baggie

Cookie sheet

Nonstick metal cookie cooling rack

Aluminum foil

Let's get to cooking!

1. Preheat oven to 350 degrees.
2. Place cooling rack on cookie sheet. (I ALWAYS cover my cookie sheet with aluminum foil for easy clean up.)
3. Place shrimp in a bowl with skim milk to soak.
4. Put ALL dry ingredients in your gallon baggie and shake to mix thoroughly.
5. Take 4-6 shrimp at a time and place in dry batter mix and shake until coated.
6. Place shrimp on paper plate and spray "up" side with cooking spray.
7. Lay the side with cooking spray "down" on cooling rack and spray "up" side with cooking spray so that all sides of the shrimp are sprayed with cooking spray. (Cooking the shrimp raised up on the cooling rack like this is what makes them crispy all over and almost identical to real fried shrimp.)
8. Once all shrimp have been breaded, sprayed and loaded on the cooling rack, bake for 20 minutes or until shrimp are golden brown.
9. Serve hot with K LW Cocktail dipping sauce.

The Mississippi Gulf Coast and eating it's fried shrimp inspired this
Kitty's Lighter Weigh recipe!