

Grilled Spicy Creole Shrimp



Totals per serving (makes 2 servings):

Calories 250 Fat 5g Fiber 0g Carbs 0g

What you'll need:

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| 1 Pound shrimp, peeled and de-veined | ½ Stalk fresh rosemary |
| ½ Cup beer | 5 Garlic cloves - minced |
| ¼ Cup olive oil | 1 Lemon, squeezed and sliced |
| 1 T Louisiana style hot sauce | ¼ Cup Worcestershire sauce |
| 1 Gallon baggie | 1 Can butter flavored cooking spray |
| 1 Outdoor grill | 1 Grill grid wok |

Let's get to cooking!

1. Pour all ingredients (except shrimp) into gallon baggie.
2. Add shrimp and marinade for at least 2 hours.
3. Fire your grill up to medium heat.
4. Lightly spray grill grid wok with butter flavored spray (away from flame).
5. Place wok on grill and add shrimp. Lightly toss shrimp until they are all light pink in color (shrimp only take about 5-10 minutes to cook on a hot grill).
6. Baste shrimp with marinade as they cook and once pink serve immediately.
7. Salt and pepper to taste (and you may not need this. These babies are tasty just as they are.)

Living for years on the Mississippi Gulf Coast and eating shrimp all the time, inspired this **Kitty's Lighter Weigh** recipe.