

Shrimp Po'Boys

adapted from the Cooking Light Comfort Food Cookbook

Four 4oz. servings of shrimp, 3 WW points per serving

1 lb. frozen large shrimp, thawed and tails removed
3 tablespoons dry breadcrumbs
1 tablespoon Panko, (optional)
1/2 teaspoon garlic powder
1/4 teaspoon pepper
1/4 teaspoon salt
1/4 teaspoon Cajun seasoning or more if you want it spicy
1 tablespoon olive oil
Rolls
lettuce, tomato, onion, and horseradish sauce, if desired

Pre-heat the broiler of yours works if not pre-heat the oven to 350 degrees. Line a baking sheet with heavy duty aluminum foil or a baking mat. Combine shrimp with oil, toss well. Combine breadcrumbs, panko, garlic, pepper, salt, and Cajun in a medium bowl. Stir well to mix together. Place half of the shrimp in the breading and toss to coat. Place on the baking sheet and repeat the process with the remaining shrimp. In the broiler cook for 4 minutes. In the oven cook for 10 minutes or until heated through.

Serve 4 ounces of the shrimp on a roll of your choice. Top with horseradish sauce, lettuce, tomato, and onion if desired. I think I would toast the roll next time. Give a little more crunch to this sandwich.

From Lacey at www.laceywithlove.blogspot.com