

Garlic Shrimp

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Serves: 4-6 people

Yield: Approximately 5 cups

Time: 20 minutes

Ingredients

1 pound of raw shrimp, peeled and deveined
1 tablespoon of olive oil
1 yellow onion, sliced
1 red bell pepper, seeded and sliced
1 green bell pepper, seeded and sliced
1 bulb of garlic (about 8 cloves), minced
1/2 bunch of cilantro, rinsed and chopped
1/2 bunch of parsley, rinsed and chopped
1/4 teaspoon of sea salt
Black pepper to taste

Directions

- ✦ Heat oil in a large sauté pan over medium heat. Add onions, peppers and garlic and cook, stirring for about 5 minutes.
- ✦ Add the shrimp and cook for another 3-4 minutes until pink and just cooked through.
- ✦ Add the cilantro and parsley and season with salt and pepper.

Did You Know?

In addition to adding flavor and aroma to foods, onions and garlic are vegetables with many potential health benefits. They may protect against some forms of cancer and cardiovascular disease and have been found to reduce inflammation and improve blood cholesterol.

