

Bangin' Good Shrimp

SERVES 4

GF Q

I've never been to the Bonefish Grill, but fans begged me for a recipe makeover from the popular seafood chain restaurant. They would say things like, "We order Bang Bang Shrimp *every time* we go, but it's really bad for you," or "Holy Cow! We love that shrimp. Please make it lighter," and so on. Receiving *that* many e-mails, I took notice. The biggest problems with the original dish are that it's deep-fried and smothered in a fatty mayonnaise sauce. Once I made my skinny fixes, it became one of the most popular appetizers on my website. Whether you eat them as an appetizer or serve them over rice to make them a main dish, these shrimp are bangin' good!

5 tablespoons light
mayonnaise (I prefer
Hellmann's Light)
3 tablespoons Thai sweet chili
sauce

1 to 2 teaspoons Sriracha
sauce, or to taste

1 pound shelled and deveined
large shrimp

2 teaspoons cornstarch

1 teaspoon canola oil

3 cups shredded iceberg
lettuce

1 cup shredded red cabbage

6 or 7 cilantro leaves

¼ cup diagonally sliced
scallions

In a medium bowl, combine the mayonnaise, sweet chili sauce, and Sriracha.

Toss the shrimp with the cornstarch, mixing well with your hands. Heat a large nonstick skillet or wok over high heat. Add the oil and shrimp and cook, stirring, until cooked through, about 3 minutes. Transfer the shrimp to the bowl of sauce and toss well.

In a large bowl, combine the lettuce, cabbage, and cilantro and divide among 4 serving plates. Divide the shrimp among the plates; garnish with the scallions and serve immediately.

	PER SERVING	($\frac{1}{3}$ CUP SHRIMP + 1 CUP SALAD)
	CALORIES	215
	FAT	7 g
	SATURATED FAT	1 g
	CHOLESTEROL	175 mg
	CARBOHYDRATE	14 g
	FIBER	1 g
	PROTEIN	24 g
	SUGARS	8 g
	SODIUM	454 mg

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