

Dill-Marinated Shrimp



Makes:

6 servings

Utensil:

Saladmaster Food Processor
3 Qt./2.8 L Sauce Pan with Cover

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Recipe:

Contributed By:

The Saladmaster Guide to Healthy and Nutritious Cooking
Cookbook

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$\frac{3}{4}$ pound
medium shrimp, peeled, deveined

(340

g)

1 tablespoon

water

(15

mL)

2 slices

lemon

1 bay leaf, halved

1 cup

rice wine vinegar

(240

mL)

Directions:

1. In sauce pan over medium heat combine shrimp, water, lemon slices (lightly squeezed), and bay leaf and cover. When Vapo-Valve™ clicks, reduce heat to low and cook 3 minutes.
2. Remove lemon slices and bay leaf and cool to room temperature.
3. Stir in vinegar, dill, scallions and celery. Cover and refrigerate at least 24 hours. Stir at least once.
4. To serve, arrange on lettuce-lined platter and garnish with whole scallions and lemon wedges.

Nutritional Information per

▼ Serving

Calories: 70

Total Fat: 1g

Saturated Fat: 0g

Cholesterol: 86mg

Sodium: 94mg

Total 19g

Carbs:
Dietary Fiber: 0g
Sugar: 0g
Protein: 12g
