

Shrimp Creole



Makes:

6 servings

Utensil:

Saladmaster Food Processor
12" Electric Oil Core Skillet

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Recipe:

Contributed By:

Saladmaster® Oil Core Skillet Healthy Cooking Guide

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1/3 cup
dry white wine, or fat-free fish or chicken stock
(80
mL)
1 cup
onion, strung, use Cone #2
(115
g)
2 stalks
celery, sliced, use Cone #4
1/3 cup
red bell pepper, chopped
(50
g)
1/3 cup
yellow bell pepper, chopped
(50
g)
4 medium
tomatoes, peeled, diced
2 bay leaves, halved
1 teaspoon
seafood seasoning, salt-free (such as Old Bay or Chesapeake Bay)
(5
mL)
1/4 teaspoon
black pepper
(1.25
mL)
3 drops
hot pepper sauce, optional
1 pound
fresh shrimp, medium, peeled, deveined
(450
g)

Directions:

1. Preheat electric skillet to 325°F/165°C.
2. Place in skillet wine, onion, celery, bell peppers, garlic, tomatoes, bay leaves, seafood seasoning and pepper. Cover and cook.
3. When Vapo-Valve™ clicks, reduce temperature to 225°F/105°C. Cook 8-10 minutes, until vegetables are tender-crisp.
4. Stir in pepper sauce and shrimp. Cook 2 minutes.
5. Cover, turn heat off and let stand 4-6 minutes, depending upon size, until shrimp are done (bright pink throughout). Do not overcook.
6. Remove and discard bay leaves. Serve hot.

Tips:

- Serve with rice, if desired.

Nutritional Information per

▼ Serving

Calories: 132
Total Fat: 2g
Saturated Fat: 0g
Cholesterol: 115mg
Sodium: 233mg
Total 10g
Carbs:
Dietary Fiber: 2g
Sugar: 4g
Protein: 17g