



Shrimp with a Zing!

*3 pounds of shrimp (have the fish store clean them)
2 cans of miurglenn tomatoes with jalapeno
1 chili pepper minced
White wine ½ cup
Garlic 3 cloves
Olive Oil cover the bottom
Fresh cilantro to taste
Lemon juice 1 tablespoon*

In a large saucepan add garlic and oil till golden brown, and then add your tomatoes and all other ingredients. Sauté for 15 minutes then add your shrimp tossing quickly till they are pink, (about 4 minutes). This dish is very nice over rice, or cous cous.

You can buy couscous by Near East and make this simple. Boil the water that they tell you to measure on the box, add the cous cous turn off the heat and cover for 5 minutes. You are ready to serve.

*Adrenaline Training
Webster Commons
25 Ozone Avenue
Verona, NJ 07044
973.857.8065
adrenalinefitness@comcast.net*