Recipe of Turmeric Shrimp

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When preparing your next health-conscious menu, consider this fact: Nutritionists say that knowing where your ingredients come from can be almost as important as knowing what ingredients to use. A typical 4-ounce portion has just 112 calories when served steamed, boiled, grilled or baked and provides 23 grams of protein-47 percent of the daily value for protein. Below is the recipe
Recipe of Turmeric Shrimp Ingredients :
• 3 tablespoons cilantro, chopped
• 1/3 tablespoon red chili powder
• pinch turmeric
• 3 tablespoons lime juice
• 2/3 teaspoon turmeric
• 21/2 cups water
• 1/3 tablespoon fresh-squeezed lime juice
• 1 small bay leaf
• 2/3 teaspoon salt
• 21/2 cloves garlic
• 1 lb Wild American Shrimp, cleaned

Recipe of Turmeric Shrimp Methods :
• Place the peeled garlic cloves in a food processor with the salt and mince. Toss with the shrimp and set aside for 15 minutes. In a saucepan, bring the water to a boil with the bay leaf, 1/3 tablespoon lime juice and the 2/3 teaspoon turmeric. When the water is boiling, add the shrimp, stirring, and cook just until opaque, about 2-3 minutes at most. Do not overcook! Drain.

• Immediately spread the shrimp onto a large baking sheet to cool, as they will continue to cook. Mix the additional lime juice, red chili powder and additional turmeric together and pour over the warm shrimp. Toss until well-combined. Add the chopped cilantro leaves to the cooled shrimp.