



BODYBUILDING.com™

Courtesy of Fitmencook.com

Shrimp Sliders

Ingredients:

6 oz raw shrimp (deveined, peeled)
Ozery Bakery multigrain slider buns 1/2 cup
bell pepper diced 1
Roma tomato (sliced)
Lettuce leaves
Coconut oil (spray or use 1/2 tbsp)

Seasonings: onion powder, garlic powder, pepper, cumin

Suggested chips substitute: baked beet chips

Directions:

1. Remove tails and shell from the raw shrimp. Dry the shrimp with a paper towel.
2. Add the shrimp to a blender and pulse blend until you're left with a chunky, thick, sticky paste.
3. Remove the shrimp from the food processor and season with your choice of seasonings. Mix using your hands. Form three 2 oz patties.
4. Add coconut oil to a skillet and place on medium heat. If you are placing the shrimp on the grill, be sure to grease the rack. Place the shrimp sliders on the skillet and cook until the shrimp patties turn pink.
5. Assemble the sliders using a small leaf of lettuce and a slice of Roma tomato.