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Shrimp Po' Boy

Prep Time: 20 mins

Cook Time: 5 mins

Total Time: 25 mins

Ingredients

- ❖ 2 cup(s) cabbage, red, finely shredded
- ❖ 2 tablespoon relish, dill pickle
- ❖ 2 tablespoon mayonnaise, reduced-fat
- ❖ 2 tablespoon yogurt, fat-free plain
- ❖ 1 pounds shrimp, peeled and deveined, raw, (51-60 per pound)
- ❖ 4 teaspoon oil, canola, divided
- ❖ 1 teaspoon chili powder
- ❖ 1/2 teaspoon paprika
- ❖ 1/4 teaspoon pepper, black ground
- ❖ 4 whole hot dog buns, whole-wheat, or small sub rolls, split
- ❖ 4 slice(s) tomato(es), halved
- ❖ 1/4 cup(s) onion(s), red, thinly sliced



Preparation

1. Preheat grill to medium-high.
2. Combine cabbage, relish, mayonnaise and yogurt in a medium bowl.
3. Toss shrimp with 2 teaspoons oil, chili powder, paprika and pepper in a medium bowl.
4. Place the remaining 2 teaspoons oil in a small bowl. Dip a pastry brush in water, then in the oil and lightly brush the inside of each bun (or roll).
5. Place a grill basket (see Kitchen Tip) on the grill. Add the shrimp and spread in a single layer. Grill, stirring occasionally, until the shrimp are pink and just cooked through, about 3 minutes.
6. Open the buns and grill, turning once, until toasted on both sides, about 1 minute total. To assemble the sandwiches, divide tomato and onion among the buns. Spread about 1/3 cup cabbage mixture down the middle of each and top with about 1/2 cup grilled shrimp.