

RECIPE OF THE WEEK: PALEO EDITION

Bell Pepper Shrimp Boats

Ingredients:

1 lb medium shrimp, cooked, tails removed, finely diced
1 red, yellow, and orange bell pepper
1 cup celery, finely diced
½ cup mango, finely diced
¼ cup olive oil
¼ cup lemon juice
Pinch of two of cayenne pepper
Sea salt and black pepper to taste
Parsley and Paprika for garnish

Instructions:

Preheat oven to 500. Cut each bell pepper into quarters and remove the seeds (the picture in the newsletter will help). Roast the bell pepper quarters on each side for 6 minutes. Remove and set aside to cool. IN a large mixing bowl, stir together the finely chopped shrimp, celery, and mango. Add the olive oil, lemon juice, and spices and mix well. Fill each cooled bell pepper boat with the shrimp filling and garnish with a sprig of fresh parsley and sprinkle with paprika.

Makes 16 shrimp boats. YUM!

Compliments of everydaypaleo.com

