

## Spicy Prawns • Serves 7

- 1 ½ lbs. prawns
- ¼ cup butter
- 1 tsp. garlic, minced
- 1 ½ Tbsp. lemon juice
- 1 Tbsp. crushed red pepper
- 1 Tbsp. oregano
- black pepper
- 2 Tbsp. Parmesan cheese

Preheat oven on broiler setting. Use a sharp knife to remove the prawns' tails, and butterfly them from the underside. Place prawns shell-side down on a broiler pan.

Melt butter in a small saucepan. Add garlic and lemon juice, and cook for about 2 minutes. Remove from heat and brush mixture onto prawns. Sprinkle with crushed red pepper, oregano and black pepper, and place pan on the oven's top rack. Broil for about 5 minutes or until done. Remove prawns from oven, sprinkle with Parmesan cheese and serve.



### NUTRITION PER SERVING:

Calories: 170; Calories from Fat: 70; Total Fat: 8g;  
Saturated Fat: 4.5g; Cholesterol: 210mg; Protein: 21g;  
Total Carbs: 1g; Fiber: 1g; Sugar: 0g; Sodium: 240mg