



## **SHRIMP CAKES**

**Serves 4 (appetizer servings)**

**NUTRITION INFORMATION PER SERVING:  
201 CALORIES, 25 G CARBOHYDRATE,  
9 G FAT, 25 G PROTEIN**

**1 lb raw shrimp, peeled & deveined**  
**1/3 cup red pepper, diced**  
**1/4 cup onion, diced**  
**1 jalapeno, minced**  
**1 tsp chipotle Tabasco (optional)**  
**1/2 tsp Old Bay seasoning**  
**1/2 cup almond meal**

### **DIRECTIONS:**

1. Place shrimp, peppers, onions and jalapeno in a food processor and pulse 10-15 times.
2. Transfer mixture to bowl, add chipotle Tabasco, Old Bay and almond meal.
3. Mix well and form into 8 small patties.
4. Place on a greased baking sheet and bake at 400 degrees for 20 minutes, flipping once.