

Cajun Shrimp with Old Bay Mayonnaise



Hands-On Prep 10 MIN

Cook 3 MIN

Serves 4



- 1 Combine the mayonnaise, scallion, garlic, lemon juice, and Old Bay seasoning in a small bowl.
- 2 Combine the shrimp and the Cajun seasoning in a medium bowl.
- 3 Heat the oil in a large nonstick skillet over medium-high heat. Add the shrimp and cook just until lightly browned and opaque in the center, 1½–2 minutes on each side. Serve at once with the Old Bay mayonnaise.

- ¾ cup fat-free mayonnaise
- 1 scallion, finely chopped
- 1 garlic clove, minced
- 2 teaspoons fresh lemon juice
- ¾ teaspoon Old Bay seasoning
- 1 pound peeled and deveined large shrimp
- 1½ teaspoons Cajun seasoning
- 2 teaspoons olive oil

PER SERVING (6 shrimp with 3 tablespoons Old Bay mayonnaise)
142 Cal, 5 g Fat, 1 g Sat Fat, 0 g Trans Fat, 173 mg Chol, 737 mg Sod,
7 g Carb, 1 g Fib, 18 g Prot, 40 mg Calc. **POINTS** value: 3.

Food Note What's the difference between Old Bay seasoning and Cajun seasoning? Both are great with seafood and contain a good dose of cayenne, but Old Bay also has an assortment of "sweet" spices (allspice, ginger, mace, cardamom, and cinnamon) to balance the heat.