

# Shrimp Cocktail

A succulent shrimp patty with my AWESOME cocktail sauce

In full disclosure, the only reason I came up with this, was because I wanted to force people to FINALLY MAKE MY cocktail sauce!!! Seriously, it's amazing, you heathens!! Stop mixing grape jelly and chili sauce... just stop! \*clears throat\*

Normally, when you see shrimp cocktail, it's at a brunch buffet or as an appetizer. It's typically a huge platter of cooked shrimp, on ice, served with cocktail sauce. My "burger" uses a modified version of Martha Stewart's original shrimp burger recipe. Now, it's a ww-ified and a big, edible, low point hug for your tongue.

Servings Info.:	Points:	G	B	P
Yields: 4 sandwiches	1 serving =	3	1	1
Servings: 4	2 servings =	5	3	3
Serving Size: 1 sandwich	3 servings =	8	4	4
	4 servings =	10	5	5

(These listed points **DO NOT INCLUDE** the bun. Use whichever brand buns or bread you want, then add these points. The above points also take into account the 1/4 cup serving of my cocktail sauce, per sandwich.)

## Ingredients:

- 1-1/4 pound cleaned, deveined, tail off shrimp. Shrimp size doesn't matter. Rinse the shrimp off, then pat dry.
- 3/4 tsp salt
- 1/4 tsp black pepper
- 1/2 tsp old bay seasoning
- 1 tsp finely chopped lemon zest
- 1 Tbsp finely chopped fresh parsley
- 2 Tbsp fat free plain Greek yogurt
- 1 tsp light mayonnaise
- 1-1/4 cup rice krispies cereal, measured, then crushed down to the texture of breadcrumbs.

### Additional Ingredients:

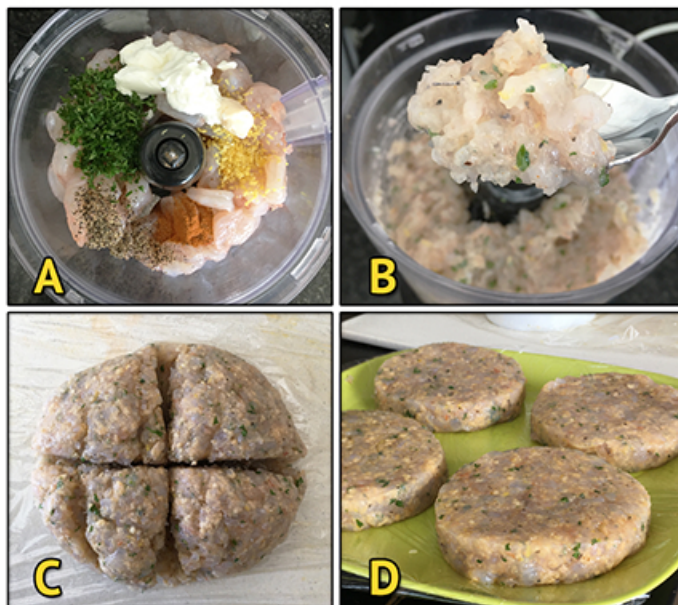
- Fresh green leaf lettuce
- Thiiiiiiiiiiin sliced red onion (optional)

### Condiment:

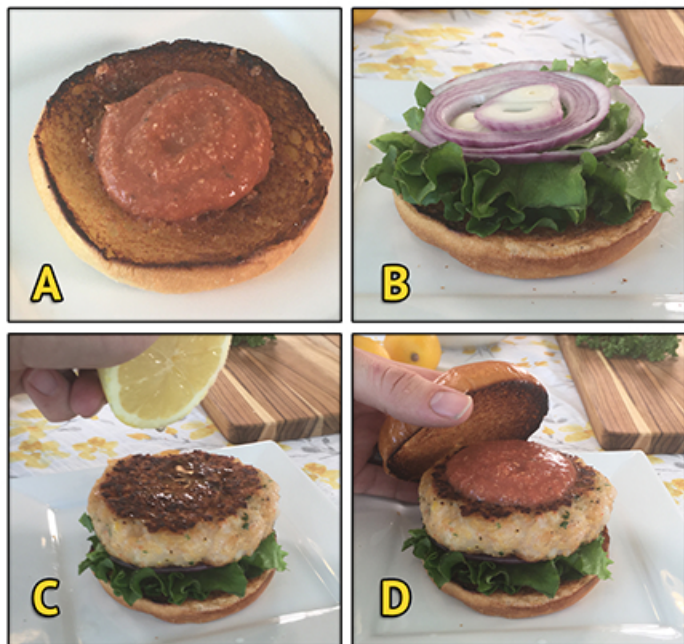
- 1/2 batch of my low point cocktail sauce dip, recipe can be found in my "Cookbook: Volume 2", on page 17. It can also be found on my website, in the dips section.

## Directions:

1. Prepare a 1/2 batch of my cocktail sauce recipe. Cover and set aside in the fridge.
2. When you get shrimp from the store, or thaw it out from the freezer, it always has that packaged, goopy slime to it, that smells really fishy. Rinse off the shrimp with cool water, then pat dry with paper towels. Get as much water off as possible.



3. (A) Place the shrimp, salt, pepper, old bay, zest, parsley, yogurt, mayo and crushed rice cereal into a food processor and pulse until (B) it breaks down to a thick mixture. Don't break it down completely, you DO want it to have a good amount of bite sized chunks. (C) It'll be sticky, so hit it with cooking spray. Cover a cutting board with plastic wrap, scoop the shrimp mixture onto the surface, and spray with cooking spray again. Form into a large ball, then divide into 4 sections. (D) Shape the sections into patties.
4. Heat a large pan over medium heat for a minute or so, to bring it up to temperature. Spray with cooking spray, then place the patties down and cook over medium heat for 8 minutes. DO NOT MOVE THE PATTIES. Set them down and don't move them. After 7 minutes, spray the top with cooking spray, flip the patties, then cook for an additional 7 minutes. Done.



5. To assemble the sandwiches, lightly toast the buns, then **(A)** spread 1 Tbsp of cocktail sauce on the bottom bun. **(B)** Place a good amount of lettuce on top of the cocktail sauce, followed by some of the thin sliced red onion, IF you are choosing to make these with onion. **(C)** Next comes one of the shrimp patties, followed by a squeeze of fresh lemon juice. **(D)** Spread 3 Tbsp of cocktail sauce on top of the patty, followed by the top bun. Done.

## NOTES & SUGGESTIONS:

- **FOOD PROCESSOR:** Don't have a food processor? No Problem. You can use a knife to chop and mash down the shrimp to the same consistency... it'll just take a while. Watch your fingers!
- **COCKTAIL SAUCE:** The listed points for this recipe take into account the use of 1/4 cup of cocktail sauce per sandwich. My recipe gives the first 1/4 cup serving for 0 points across all plans, and up to 1 cup of sauce for 1 point, across all plans. The sandwiches are good as-is, but if you don't mind adding 1 additional point... I would highly, highly, highly recommend dipping your sandwich in extra cocktail sauce between bites. Note... This isn't jarred, crappy cocktail sauce. This is real deal, old-school-tasting cocktail sauce. It's very peppery with a strong horseradish kick to it. If you do NOT like that kind of a flavor, I'd recommend using a low point tartar sauce instead. Lucky for you... I happen to know a guy with a recipe. (It's in Cookbook 2).
- **RED ONION:** I say that it's optional, because though it does add a nice, fresh crunch... the red onion does slightly overpower the flavor of the cocktail sauce. Unfortunately, I didn't realize that until AFTER I took my nice pics and then ate one of these. In hindsight, I would personally not include the red onion next time I make these... but they are visible in the pictures, so I had to include them in the recipe. Use them if you want.
- **YOGURT:** I use a small amount of Greek yogurt and light mayo as a binder in the shrimp patties. If you are allergic to dairy, feel free to use soft (or silken) tofu instead.
- **GLUTEN:** Kellogg's brand Rice Krispies cereal IS NOT GLUTEN FREE!!! If you are allergic to gluten, find a cereal that you can use, such as a gluten free brand, or GF corn flakes. 1-1/4 cup of rice krispies is 4 points. Substitute that with whatever you want.
- **PATTIES:** I made really thick patties for this recipe, simply they look nicer in the pics. People on the [GREEN PLAN](#) can reduce the amount of shrimp in this recipe to 1 pound. It gives you slightly thinner patties, but decreases the points in the recipe.

