



## Skinny Honey Walnut Shrimp

Serves 4

### Ingredients

#### Walnuts:

½ cup water

¼ cup sugar

½ cup walnut halves

#### Sauce:

¼ cup nonfat plain Greek yogurt

½ teaspoon garlic powder

¼ teaspoon red pepper flakes

¼ teaspoon salt

2 and ½ tablespoons honey

#### Shrimp:

1 tablespoon coconut oil

1 pound shrimp, peeled & deveined

#### To Serve:

Cooked white or brown rice (if desired)

1 green onion, sliced, for garnish

### Directions:

#### Walnuts

Bring water and sugar to a boil in a small pot over medium high heat. Add the walnuts. Boil 2 minutes, drain, and place on a plate to cool.

#### Sauce

Combine Greek yogurt, garlic powder, red pepper flakes, salt, and honey in a small bowl. Set aside.

#### Shrimp

Heat a large skillet over medium high heat. Add the coconut oil.

Add the shrimp and stir fry quickly until they start to turn pink and curl up, about 3-4 minutes. Flip the shrimp over and let the shrimp cook another minute or two until no longer translucent.

Turn off the heat and remove the skillet from the burner. Drain off any liquid if any remains in the skillet. Add the Greek yogurt sauce and walnuts to the shrimp and mix well.

#### Serving

Spoon over rice and top with green onions.