Spicy Baked Shrimp with Bulgur and Brussels Sprouts

I have had the Spicy Baked Shrimp recipe for a long time and I usually serve it over angel hair pasta with a salad on the side. I tried it over the bulgur and added the sautéed Brussels sprouts last night. It turned out to be a quick and delicious, nutrient-packed combination!

If you are avoiding gluten, you could substitute quinoa for the bulgur. This combination is an excellent source of vitamin C, fiber, vitamin K, selenium and omega-3 fat. Walnut oil is a source of omega-3 fat and has a medium-high "smoke point", so it is fine to use for sautéing. For more information about oils, their "smoke points" and omega-3, -6, or -9 content view this "Kitchen Guide" provided by Spectrum.

---

**Ingredients (Serves 4)**

1/3 cup walnut oil  
2 tsp. walnut oil  
4 cloves of garlic, minced  
½ tsp. Cajun seasoning  
2 T. fresh lemon juice  
1 T. honey  
1 T. reduced sodium soy sauce  
1 pound large shrimp, uncooked, shelled and deveined (I buy it frozen, shelled and deveined!)  
1 cup "quick" bulgur (Trader Joe's has small packages of "quick" bulgur)  
½ pound fresh Brussels sprouts, sliced width-wise into 1/8" rounds (they will fall apart)  
¼ tsp. chili pepper flakes  

In a 13 x 9 glass or ceramic baking dish combine the 1/3 cup walnut oil, 2 cloves of minced garlic, Cajun seasoning, lemon juice, honey and reduced sodium soy sauce. Add the shrimp and toss to coat. Refrigerate at least one hour. I usually do this part early in the day - the longer it marinates, the better it is.

Preheat oven to 400° F. Bake uncovered until shrimp are cooked through, about 10 to 15 minutes. Do not overcook! While the shrimp is baking, prepare the "quick" bulgur according to package directions and sauté the Brussels sprouts in the 2 tsp. of walnut oil, adding the remaining two cloves of minced garlic. Season with the chili pepper flakes and fresh ground black pepper to taste. Serve the shrimp and Brussels sprouts over the bulgur.

**Nutrition Information Per Serving:**  
Calories: 450  
Protein: 30 grams  
Carbohydrate: 39 grams  
Fat: 21 grams  
Saturated fat: 2 grams  
Omega-3 fat: 2.49 grams  
Fiber: 9 grams  
Sodium: 390 mg