

From Lisa's Kitchen: Spicy Shrimp Burgers

You'll love these burgers for lunch or dinner. It's important to use small shrimp such as rock shrimp as large shrimp have too much moisture for this recipe. Adapted from Rachael Ray.

Spicy Shrimp Burgers

Serves 4

1 pound raw peeled small shrimp	¼ cup parsley leaves
1 celery stalk, chopped	1 tablespoon Old Bay seasoning
1 bunch scallions, white and light parts only, chopped	1 teaspoon Frank's Red Hot Sauce
½ red bell pepper, chopped	zest of 1 lemon
1 clove garlic, chopped	¼ teaspoon each salt & pepper

Serving suggestion: on toasted whole grain rolls with sliced tomato and lettuce leaves

Place the shrimp in a food processor and pulse until ground. Remove to a bowl. Place the celery, scallions, bell pepper, garlic & parsley into the processor and process until finely chopped.

Add the vegetable mixture to the shrimp and combine well. Add the seasoning, hot sauce, zest and salt & pepper, blending well.

Divide the shrimp mixture into 4 equal portions, and form into burgers. Spray a nonstick pan with cooking spray and heat over medium heat. Heat the burgers until just cooked through, about 4 minutes per side. Serve on rolls with tomato and lettuce.