

Italian Surf & Turf with Roasted Red Pepper Sauce

*Sara Moulton - Associated Press
Palm Beach Post*

Yield: 16 shrimp

*16 (about 6 to 10 ounces) large raw shrimp, peeled and deveined
6 ounces (about two links) hot or sweet Italian turkey sausage meat
2 tablespoons extra-virgin olive oil, divided
2 cloves garlic, minced and divided
1 tablespoon chopped fresh oregano
Kosher salt
ground black pepper
1 cup roasted red peppers, drained and patted dry
1 tablespoon balsamic vinegar*

Preheat the oven to 400 degrees.

Line a rimmed baking sheet with kitchen parchment.

Arrange the shrimp on the prepared baking sheet with all of the shrimp facing the same direction to form a series of "C"s. Remove the casings from the sausage. Place a small mound of the sausage in the center of each shrimp and press down so that the shrimp and sausage filling make a solid round.

In a small bowl, combine one tablespoon of the olive oil with half of the garlic and all of the oregano. Sprinkle the shrimp lightly with salt and pepper, then brush the oil mixture over the shrimp and sausage.

Bake the stuffed shrimp until they are cooked through, about 8 to 10 minutes.

Meanwhile, in a blender combine the red peppers, remaining tablespoon of oil, the remaining garlic, the vinegar and salt and pepper to taste. Blend until smooth. Transfer to a small saucepan and heat until just hot.

To serve, arrange the shrimp on a serving platter. Drizzle each with some of the sauce.

You need to use fresh (not dried, cured or cooked) sausage for the shrimp and sausage to stick together.

Per Serving (excluding unknown items): 279 Calories; 27g Fat (84.8% calories from fat); 1g Protein; 10g Carbohydrate; 3g Dietary Fiber; 0mg Cholesterol; 3mg Sodium. Exchanges: 1 1/2 Vegetable; 0 Fruit; 5 1/2 Fat.

Appetizers

Per Serving Nutritional Analysis

Calories (kcal):	279
% Calories from Fat:	84.8%
% Calories from Carbohydrates:	13.4%
% Calories from Protein:	1.8%
Total Fat (g):	27g
Saturated Fat (g):	4g
Monounsaturated Fat (g):	20g
Polyunsaturated Fat (g):	2g
Cholesterol (mg):	0mg
Carbohydrate (g):	10g
Dietary Fiber (g):	3g
Protein (g):	1g
Sodium (mg):	3mg
Potassium (mg):	226mg
Calcium (mg):	29mg
Iron (mg):	1mg
Zinc (mg):	trace
Vitamin C (mg):	193mg
Vitamin A (i.u.):	5736IU
Vitamin A (r.e.):	573 1/2RE

Vitamin B6 (mg):	.3mg
Vitamin B12 (mcg):	0mcg
Thiamin B1 (mg):	.1mg
Riboflavin B2 (mg):	trace
Folacin (mcg):	22mcg
Niacin (mg):	1mg
Caffeine (mg):	0mg
Alcohol (kcal):	0
% Deficient:	0.0%

Food Exchanges

Grain (Starch):	0
Lean Meat:	0
Vegetable:	1 1/2
Fruit:	0
Non-Fat Milk:	0
Fat:	5 1/2
Other Carbohydrates:	0

Nutrition Facts

Amount Per Serving

Calories	279	Calories from Fat: 236
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% Daily Values*

Total Fat	27g	42%
Saturated Fat	4g	18%
Cholesterol	0mg	0%
Sodium	3mg	0%
Total Carbohydrates	10g	3%
Dietary Fiber	3g	11%
Protein	1g	
Vitamin A		115%
Vitamin C		322%
Calcium		3%
Iron		4%

* Percent Daily Values are based on a 2000 calorie diet.