

Sauteed Shrimp Cocktail

Servings: 4 to 5

INGREDIENTS

- 2 t Rycoff-Sexton International™ olive oil
- 1 lb Harbor Banks® 16/20 shrimp
- 1 T Monarch® herbes de Provence
salt and freshly ground black pepper
- 1 ¼ c plain yogurt
- 2 T Monarch mayonnaise
- 2 T whole grain mustard
- 1 ½ T maple syrup
- 1 t turmeric
- ¼ c fresh basil, chopped

PREPARATION

In a large skillet, heat oil over medium-high heat. Add shrimp and herbes de Provence. Season with salt and pepper. Cook until shrimp are pink and cooked through, about 2 minutes each side.

In a small bowl, mix together yogurt, mayonnaise, mustard, maple syrup, turmeric and basil until smooth. Season again with salt and pepper. Place yogurt mixture in a dipping bowl.

Place bowl of dipping sauce on a serving platter with the cooked shrimp.

