

## From the Elite Athletic Development Test Kitchen

*Recipes developed, created & adapted by  
Elite Athletic Development / CrossFit Arlington Heights / CrossFit Axis Athletes*



### **Shrimp with Garlic & Smoked Paprika**

*Taste-tested by Coach Karen; an Ellie Krieger recipe*

- 1 ½ pounds large shrimp (20-25 per pound) peeled & deveined, tails on
- 2 T olive oil (I used melted coconut oil)
- 1 T smoked paprika
- 1 t garlic powder
- ¾ t salt
- 1/8 t cayenne pepper

Preheat the oven to 425. Lightly oil a baking sheet (she sprays it with cooking spray).

Rinse the shrimp; dry them well with a paper towel.

In a large bowl, stir together oil, paprika, garlic powder, salt and cayenne until combined. Add the shrimp and toss to coat evenly.

Place the baking sheet in the oven for four minutes to preheat it. Place the shrimp on the preheated baking sheet and cook them for six minutes; turn and cook until just opaque in the center, about four more minutes. Transfer to a platter and serve.



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