

Shrimp With Roasted Pepper-Horseradish Dip

To save time, you can use four bottled roasted bell peppers instead of roasting your own. You can also buy precooked shrimp on the day of the party.

- 4 large red bell peppers (about 2 pounds)
- 3 tablespoons low-fat sour cream
- 3 tablespoons prepared horseradish
- 1 tablespoon olive oil
- 2 teaspoons fresh lemon juice
- 1/2 teaspoon salt
- 1/4 teaspoon black pepper
- 2 garlic cloves, chopped
- 2 pounds large shrimp

Preheat broiler. Cut bell peppers in half lengthwise; discard seeds and membranes. Place pepper halves, skin sides up, on a foil-lined baking sheet; flatten with hand. Broil 15 minutes or until blackened. Place in a zip-top plastic bag; seal. Let stand 15 minutes. Peel peppers. Place bell peppers, sour cream, and next 6 ingredients (sour cream through garlic) in a food processor; process until smooth, scraping sides of bowl occasionally. Place bell pepper mixture in a small bowl. Cover and chill. Bring 6 cups of water to a boil in a Dutch oven. Add shrimp; cook 3 minutes or until done. Drain and rinse with cold water; peel. Cover and chill shrimp. Serve shrimp with sauce.

Servings: 8 (serving size: 3 ounces shrimp and 1/4 cup sauce).