

Seafood Dinner! Shrimp Scampi in a Hurry & Crusty Sourdough Bread ~ choose one side item to complete your meal

Shrimp Scampi in a Hurry

4 servings

1 lb	Fresh frozen shrimp, raw, peeled and deveined
1 Tbsp	Olive oil
1 Tbsp	Butter
2 tsp	Fresh garlic, minced
3 Tbsp	Fresh parsley, chopped
3 Tbsp	White wine or broth



Thaw and peel raw, frozen shrimp under cool, running water. Heat oil and butter in a large, nonstick skillet over medium high heat. Allow butter to melt. Add garlic and shrimp. Cook 2-3 min, stirring, until shrimp turns pink. Add parsley and wine (or broth). Serve right away.

Fresh frozen shrimp on sale

Fresh sourdough bread on sale

Shrimp Recipe Nutrition per serving

187 calories; 23 gm protein; 2 gm carbohydrate; 8 gm total fat; 3 gm saturated fat; 0 trans fat; 180 cholesterol; 0 gm fiber; 190 mg sodium

To Make Crusty Sourdough Bread: Heat sourdough loaf in a 400 degree oven for 5-8 minutes, until golden brown and hot in the middle.

Side Items:

1. Steamed Fresh Cabbage – Affordable, staple ingredient: Fresh cabbage, red or green, or a mixture of red and green.

To Make: Wash fresh cabbage in tap water. Get out a cutting board and knife and then cut thin strips of cabbage. Cut into 2 inch length pieces and place in a saucepan. Add 1/4-1/2 cup water and a lid. Cook on medium heat until cabbage is fork-tender. Drain water, drizzle with a tiny bit of olive oil, and dust with salt and/or pepper to taste.

2. Lemony Cauliflower or Broccoli – Affordable, staple ingredient: Lowes Foods Brand frozen cauliflower or broccoli spears.

To Make: Cook frozen cauliflower or broccoli according to package directions. Drain water. Sprinkle grated lemon zest (lemon's outer skin) over the top. Dust with salt and pepper to taste.

3. Grilled Sweet Potato Chunks – Affordable, staple ingredient: Fresh sweet potatoes.

To Make: Wash potatoes well in cool tap water. Cut into large, bite-size chunks. Measure sheets of aluminum foil about 10 x 12 inches large and then spray lightly with cooking oil spray. Place 4-6 potato chunks in the center of the foil and add a tiny bit of butter, salt and pepper. Fold 2 ends of the foil up to make a tent and pinch closed. Close other 2 ends of foil. Place on grill at medium high heat for 8 -12 minutes, until tender when poked with a fork.

Note: May cook potatoes in a 400 degree oven (foil packets on a baking sheet) rather than on the grill.