

Sizzled Citrus Shrimp

From EatingWell.com

This quick Spanish-inspired saute is a lesson in simplicity. All shrimp really needs to dazzle is lots of garlic and a splash of lemon. Serve as a main dish or as a tapa (appetizer).



Serves: 4

Total Time: 40 min

Ingredients

- 3 tablespoon(s) lemon juice
- 3 tablespoon(s) dry white wine
- 2 teaspoon(s) extra-virgin olive oil
- 3 clove(s) garlic, minced
- 1 pound(s) medium shrimp (30-40 per pound), peeled and deveined
- 1 teaspoon(s) extra-virgin olive oil
- 1 bay leaf
- 1/4 teaspoon(s) crushed red pepper
- 1/4 teaspoon(s) salt, or to taste
- 2 tablespoon(s) chopped fresh parsley

Directions

1. Combine lemon juice, wine, 2 teaspoons oil and garlic in a medium bowl. Add shrimp and toss to coat. Cover and marinate in the refrigerator for 15 minutes, tossing occasionally. Drain well, reserving marinade.
2. Heat 1 teaspoon oil in a large nonstick skillet over medium-high heat. Add shrimp and cook, turning once, until barely pink, about 30 seconds per side; transfer to a plate. Add bay leaf, crushed red pepper and the reserved marinade to the pan; simmer for 4 minutes. Return the shrimp and any accumulated juices to the pan; heat through. Season with salt, sprinkle with parsley and serve immediately.

Nutritional Information (per serving)

Calories 171

Total Fat 6g

Total Carbohydrate 4g

Protein 23g