

Creamy Tuscan Shrimp

Ingredients

2 Tbls butter
6 cloves garlic, minced
1 lb large shrimp, tails on
1 small onion, diced
2 cups sliced mushrooms
½ cup dry white wine
½ cup sun dried tomatoes, drained
1 ½ cup half and half
Salt & pepper to taste
3-4 cups baby spinach
2/3 cup shredded parmesan cheese
2 tsp Italian seasoning
1 Tbls fresh parsley, chopped



Directions

1. Melt butter in large skillet over medium-high heat.
2. Add garlic and stir about 1 minute.
3. Add shrimp and cook 2 minutes on each side or until pink. Transfer to a bowl.
4. Add onion and mushrooms to skillet and cook 1 minute, add wine and allow to reduce slightly.
5. Add sun dried tomatoes and cook 2-3 minutes.
6. Add half and half and allow to come to simmer.
7. Season with salt, pepper & Italian seasoning.
8. Add spinach and cook until it begins to wilt.
9. Add parmesan cheese and stir until it melts.
10. Add shrimp back to skillet and stir.
11. Garnish with parsley & serve.

Serves 4

Nutrition Facts:

Calories 400
Total Fat 29g
Total Carbohydrates 12.5g
Dietary Fiber 2g
Protein 34g