

## Creamy Shrimp with Mushrooms & Spinach

It doesn't get much better than this!

### Ingredients

1 lb raw shrimp, peeled & deveined  
8 oz baby bell mushrooms  
3 oz baby spinach  
2 Tbls butter  
3 cloves garlic, minced  
1 tsp dried basil  
½ cup chicken broth  
½ cup half & half  
2 tsp arrowroot powder (or cornstarch)  
Salt & pepper to taste  
1/2 cup parmesan cheese



### Directions

1. Toss shrimp with salt & pepper, sprinkle with basil.
2. Melt 1 Tbls butter in skillet and cook shrimp over medium heat until pink, turning to cook evenly on both sides. Remove from skillet.
3. Melt remaining butter in skillet and add garlic. Saute and add chicken broth and spinach.
4. Combine half & half with arrowroot powder and pour over wilted spinach. Stir mixture until it starts to thicken.
5. Stir in parmesan cheese and cook until cheese is melted.
6. Toss in shrimp and stir to coat.
7. Sprinkle with basil and serve.

Makes 4 servings

### Nutrition Facts:

Calories	276
Total Fat	13g
Total Carbohydrates	8g
Dietary Fiber	1g
Protein	32g