

Mediterranean Shrimp and Protein Orzo Skillet

A great one-dish dinner!

Ingredients:

- 1 pound raw shrimp – peeled & deveined (jumbo or extra large)
- 2 Tbsp olive oil
- 1 clove garlic - minced
- ½ tsp paprika
- ½ tsp chili powder
- ½ tsp Italian seasoning
- ¼ tsp red pepper flakes
- Salt & pepper to taste
- 3 packets Proti Orzo pasta – cooked to directions
- 1 cup cherry tomatoes – halved
- ¼ cup sun-dried tomatoes – chopped
- ¼ cup kalamata olives – sliced
- ¼ cup green olives – sliced
- 4 oz. feta cheese – crumbled
- Juice from ½ lemon – cut remainder to garnish
- ¼ tsp paprika
- ¼ tsp Italian seasoning
- ¼ tsp basil



Directions:

1. Combine shrimp with olive oil and seasonings down to salt & pepper. Toss to coat.
2. Heat large skillet over medium to high heat and add shrimp mixture. Cook until shrimp are pink but do not overcook.
3. Remove shrimp from skillet and set aside.
4. Add protein orzo, tomatoes, olives and half of the feta, lemon juice and seasonings. Stir & cook over medium heat until hot throughout.
5. Add shrimp mixture to skillet and stir to combine. Reheat if necessary.
6. Top each serving with a bit of feta and serve with lemon wedges.

Makes 4 servings

Nutrition Facts:

Calories	265
Total Fat	16g
Total Carbohydrates	7.8g
Dietary Fiber	2.2g
Protein	23.5g