



Dinner Tonight!

Quick Skillet Shrimp Scampi

1 Tablespoon vegetable oil
3/4 pound uncooked, deveined, peeled, tail shells removed medium shrimp
(thawed if frozen)
1 clove garlic, minced
1/2 teaspoon dried basil leaves
2/3 teaspoon dried parsley flakes
1 Tablespoon lemon juice
1/8 teaspoon salt

In a 10 inch skillet, heat oil over medium heat. Add shrimp and remaining ingredients. Cook 2 to 3 minutes, stirring frequently, until shrimp are pink. (Do not overcook shrimp or they will become rubbery.) Remove from heat.

Optional toppings:
Grated parmesan cheese

Preparation Time: 15 minutes
Serves: 2
Cost Per Serving: \$2.50

Nutrition facts per serving
Calories: 180
Total Fat: 8 g
Cholesterol: 240 mg
Sodium: 430 mg
Total Carbohydrate: 1 g
Fiber: 0 g
Protein: 26 g

Serve with: Angel hair pasta