

Creamy Garlic Shrimp

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Adapted from cafedelites.com. Serves 4

Blue – 7 points

Green – 8 points

Purple -7 points

- 2 tsp olive oil
- 1 pound shrimp, peeled, deveined and tails removed
- salt and pepper to taste
- 2 Tbsp light butter
- 6 cloves garlic, minced
- 1/2 cup dry white wine (can sub chicken broth, but flavor will change)
- 1 1/2 cups fat free half and half
- 1/2 cup fresh shredded parmesan cheese
- 2 Tbsp fresh chopped parsley

1. Heat oil in a large skillet over medium high heat. Season shrimp with salt and pepper and fry for 1-2 minutes on each side, until just cooked through and not pink. Transfer to a bowl; set aside
2. Melt the butter in the same skillet. Sauté garlic until fragrant (about 30 seconds) Pour in wine or broth allow to reduce to half while scraping any bits off of the bottom of the pan
3. Reduce heat to low-medium heat, add the cream and bring to a gentle simmer while stirring occasionally. Season with salt and pepper to your taste
4. Add the parmesan cheese and allow sauce to gently simmer

for a further minute or until the cheese melts and sauce thickens.

5. Add the shrimp back into the pan. Sprinkle with parsley. Taste test sauce and adjust seasonings, if needed.
6. Serve over rice, pasta or veggies