Creamy Tuscan Shrimp

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Serves 4, 5 FSP per serving + points for pasta if you choose to serve it with it.

Adapted from lemonblossoms.com

- 2 Tbsp light butter
- 6-8 cloves garlic (chopped finely)
- 1 pound large shrimp (*I USE 2 POUNDS*)
- salt and pepper to taste
- 1 tsp olive oil
- 1/2 cup onions (chopped)
- 1/2 cup white wine
- 3 ounces sun dried tomato strips (not packed in oil!)
- 1 cup fat free half and half
- 1/4 cup vegetable or chicken broth
- 1/2 tsp dried italian herbs
- 3 cups spinach leaves
- 1/4 cup Parmesan cheese
- 1 Tbsp fresh basil (chopped finely)
- 1 Tbsp fresh parsley (chopped finely)
- In a large skillet over low heat, melt the butter and add the garlic. Cook on low for 2-3 minutes. Don't let the garlic get browned.
- 2. Season the shrimp with salt and pepper. Add the shrimp to the skillet and cook on medium heat for about 2 minutes per side or just until it starts getting pink. You want the shrimp a bit under cooked. Transfer to a bowl and set aside.

- 3. In the same skillet, heat the olive oil over medium high heat. Add the chopped onions and cook for about 3-4 minutes or until they become soft and translucent. Add the wine and scrape the bottom of the skillet. Cook for about 3 minutes or until the wine reduces by half.
- 4. Add the sun dried tomato strips and mix well. Cook for a couple of minutes. Stir in he half and half and broth and Italian herbs. Simmer over low heat stirring frequently for about 2-3 minutes.
- 5. Add the spinach leaves and allow to wilt. Add the Parmesan cheese and mix to combine. Adjust seasoning.
- 6. Return the shrimp to the skillet. Add the fresh herbs and gently mix well to combine. Let the shrimp for about 2-3 minutes or until cooked through.
- 7. Serve.