

# 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](http://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)

1. 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 the 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.