

Shrimp Scampi with Orzo

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Serves 4, 8 FSP per serving

- 3 cups orzo, cooked to package directions
- 2 lbs raw shrimp, peeled, deveined and tails removed
- 1 Tbsp light butter
- 1 Tbsp olive oil
- 1/4 cup onion, finely chopped
- 4-5 cloves garlic, minced
- 1 cup white wine
- 3 Tbsp parsley, roughly chopped
- 1 large lemon, juiced
- 2 Tbsp grated parmesan cheese
- salt and pepper to taste

1. Cook orzo according to package directions.
2. In a large pan, heat olive oil over medium high heat. Add in shrimp, cook for 6-7 minutes, stirring occasionally
3. Add in onion, garlic, salt, pepper and butter
4. Cook 2 more minutes, stirring occasionally.
5. Slowly add in lemon juice and wine. Cook an additional 2-3 minutes, stirring occasionally
6. Lower heat to medium low. Add in parsley, parmesan, and orzo

7. Gently fold all ingredients together. Allow orzo to become warm and then serve.