

Shrimp Scampi

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Serves 4

4 Points on Blue, Purple

5 Points on Green

Recipe adapted from Smoked n Grilled

- 3 tsp olive oil
- 2 pounds medium raw shrimp, peeled and tails removed
- 6-8 cloves garlic (minced)
- 1 cup low sodium chicken broth
- 1 cup dry white wine
- 1/4 cup fresh lemon juice
- 1/4 cup minced fresh parsley (+ one Tablespoon)
- 1/4 tsp salt
- 1/4 tsp pepper
- 2 tsp cornstarch

1. In a large skillet, heat the oil. Saute the shrimp until just pink, about 2-3 minutes. Add the garlic and cook stirring constantly, about 30 seconds. With a slotted spoon, remove shrimp to a platter and keep warm.
2. In the skillet, combine the broth, wine, lemon juice, 1/4 cup of parsley, salt and pepper; bring to a boil. Boil uncovered for 2 minutes. In the meantime, mix cornstarch with 2 tsp water to make a slurry. Add to sauce and cook and stir until sauce thickens.
3. Add shrimp back into sauce. Serve shrimp and sauce over pasta. Garnish with remaining 1 Tbsp parsley.