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LEMON-KISSED SHRIMP SCAMPI

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Having frozen uncooked shrimp on hand makes an express meal easy. Quick-cooking whole-wheat couscous or orzo pasta can easily be prepared as you saute the shrimp. To grate the peel from the lemon, use either the finest side of a box grater or try a microplane zester a cool gadget you can buy at cookware stores. You just want to take off the colored part of the peel, which has the very intensely flavored lemon oil.

Makes 4 Servings

Prep Time: 5 minutes

Cook Time: 5 minutes

1 large lemon
1/2 cup julienned sun-dried tomatoes, packed in oil
1 pound shelled, deveined uncooked large shrimp
2 cloves garlic, finely chopped

1. Grate lemon peel and squeeze juice from lemon into small bowl. Drain tomatoes, reserving 1 tablespoon oil.
2. Heat reserved oil in large skillet over medium-high heat until hot. Add shrimp, tomatoes and garlic. Cook and stir 3 minutes; stir in lemon peel and juice. Cook 1 minute longer or until shrimp turn pink and juices thicken slightly.

On the side...

- **Whole Wheat Orzo Pasta...** Cook the pasta according to the directions on the package. Top with Italian (flat-leaf) parsley.
- **Greek-style Salad...** Mix Romaine lettuce, cucumbers, tomato wedges, Kalamata olives, and crumbled feta cheese.



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