

Baked Greek Shrimp

Paula Macri - Gattuso's Bella Cucina
Treasure Coast Newspapers

1 sweet onion, chopped
2 tablespoons extra-virgin olive oil
1 can (28 ounce) diced tomatoes
1/2 cup fresh parsley, chopped
1 tablespoon garlic, minced
1 tablespoon oregano
salt and pepper (to taste)
2 pounds medium shrimp, peeled
1 package (10 ounce) frozen peas,
thawed and drained
1/2 cup feta cheese, crumbled

Preheat the oven to 375 degrees.

In a large skillet over medium heat, saute' the onion in the olive oil until tender.

Stir in the tomatoes, parsley, garlic, oregano, salt and pepper. Reduce the heat to low. Cover the skillet and gently simmer the mixture for 20 minutes, stirring occasionally. Remove from the stove and stir in the shrimp and peas.

Place the mixture into a two-quart baking dish. Sprinkle with the feta cheese.

Bake, uncovered, for 20 to 30 minutes or until the shrimp are done.

Serve over pasta or rice.

Per Serving (excluding unknown items): 1529 Calories; 60g Fat (36.1% calories from fat); 201g Protein; 36g Carbohydrate; 8g Dietary Fiber; 1447mg Cholesterol; 2297mg Sodium. Exchanges: 1 Grain(Starch); 27 Lean Meat; 2 1/2 Vegetable; 7 1/2 Fat.

Seafood

Per Serving Nutritional Analysis

Calories (kcal):	1529	Vitamin B6 (mg):	.7mg
% Calories from Fat:	36.1%	Vitamin B12 (mcg):	10.3mcg
% Calories from Carbohydrates:	9.8%	Thiamin B1 (mg):	.4mg
% Calories from Protein:	54.1%	Riboflavin B2 (mg):	.8mg
Total Fat (g):	60g	Folacin (mcg):	175mcg
Saturated Fat (g):	17g	Niacin (mg):	27mg

Monounsaturated Fat (g): 25g
Polyunsaturated Fat (g): 9g
Cholesterol (mg): 1447mg
Carbohydrate (g): 36g
Dietary Fiber (g): 8g
Protein (g): 201g
Sodium (mg): 2297mg
Potassium (mg): 2508mg
Calcium (mg): 994mg
Iron (mg): 28mg
Zinc (mg): 13mg
Vitamin C (mg): 110mg
Vitamin A (i.u.): 5485IU
Vitamin A (r.e.): 937 1/2RE

Caffeine (mg): 0mg
Alcohol (kcal): 0
% Refuse: 0%

Food Exchanges

Grain (Starch): 1
Lean Meat: 27
Vegetable: 2 1/2
Fruit: 0
Non-Fat Milk: 0
Fat: 7 1/2
Other Carbohydrates: 0

Nutrition Facts

Amount Per Serving

Calories 1529 **Calories from Fat:** 552

% Daily Values*

Total Fat	60g	92%
Saturated Fat	17g	83%
Cholesterol	1447mg	482%
Sodium	2297mg	96%
Total Carbohydrates	36g	12%
Dietary Fiber	8g	34%
Protein	201g	
Vitamin A		110%
Vitamin C		184%
Calcium		99%
Iron		154%

* Percent Daily Values are based on a 2000 calorie diet.