
Baked Shrimp Scampi

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2 pounds large shrimp, peeled and deveined

2 tablespoons white wine

2 tablespoons olive oil

salt (to taste)

pepper (to taste)

1 1/2 sticks butter

1 scallion, chopped

2 cloves garlic, minced

1 cup Panko bread crumbs

Combine the shrimp, white wine, olive oil, salt and pepper in a plastic bag. Marinate for two hours.

Preheat the oven to 425 degrees.

In a skillet, melt the butter. Add the scallions and garlic. Saute' for 1 to 2 minutes. Remove from the heat and add the bread crumbs.

Lay the shrimp on a baking sheet. Pour the marinade liquid over the shrimp. Dot with the bread crumb mixture.

Bake in a 425 degree oven for 10 minutes.

Seafood

Per Serving (excluding unknown items): 2455 Calories; 181g Fat (67.3% calories from fat); 186g Protein; 11g Carbohydrate; 1g Dietary Fiber; 1753mg Cholesterol; 2754mg Sodium. Exchanges: 26 Lean Meat; 1/2 Vegetable; 33 Fat.