

# **Baked Shrimp with Tomatoes**

Cooking Light

**Servings: 6**

**Preparation Time: 15 minutes**

**Start to Finish Time: 30 minutes**

**1 piece (3 oz) French bread baguette**  
**1/2 cup fresh parsley, finely chopped**  
**2 cloves garlic, minced**  
**2 tablespoons butter, divided**  
**2 tablespoons olive oil, divided**  
**1 1/2 pounds large shrimp, peeled and deveined**  
**1/4 teaspoon salt, divided**  
**1/4 teaspoon black pepper, divided**  
**2 medium (1 lb) tomatoes, cut into 1/4-inch-thick slices**  
**2 tablespoons balsamic vinegar**

Preheat oven to 450 degrees.

Place bread in a food processor; pulse until fine bread crumbs measure 1 1/2 cups. Combine breadcrumbs, parsley and garlic.

Heat one tablespoon butter and one tablespoon oil in a large skillet over medium-high heat. Add breadcrumb mixture; cook 3 minutes or until golden brown and garlic is fragrant, stirring frequently.

Coat a 13x9-inch glass baking dish with remaining one tablespoon of oil. Arrange shrimp in a single layer; sprinkle with 1/8 teaspoon of salt and 1/8 teaspoon of pepper. Sprinkle with 3/4 cup of breadcrumb mixture; top with tomato slices. Sprinkle with remaining 1/8 teaspoon of salt and 1/8 teaspoon of pepper. Top with remaining 3/4 cup of breadcrumb mixture; dot with remaining one tablespoon of butter.

Bake for 12 minutes or until the shrimp are done. Drizzle with vinegar.

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Per Serving (excluding unknown items): 207 Calories; 10g Fat (46.1% calories from fat); 24g Protein; 4g Carbohydrate; 1g Dietary Fiber; 183mg Cholesterol; 303mg Sodium. Exchanges: 0 Grain(Starch); 3 Lean Meat; 1/2 Vegetable; 0 Fruit; 1 1/2 Fat.