

Creamy Garlic Butter Tuscan Shrimp

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Servings: 4

2 tablespoons salted butter
6 cloves garlic, finely diced
1 pound shrimp, tails on or off
1 small yellow onion, diced
1/2 cup white wine (optional)
1 jar (5 ounce) sun-dried tomato strips in oil, drained
1 3/4 cups half-and-half
salt (to taste)
pepper (to taste)
3 cups baby spinach leaves, washed
2/3 cup fresh grated Parmesan cheese
1 tablespoon cornstarch
2 teaspoons dried Italian herbs
1 tablespoon fresh parsley, chopped

Preparation Time: 5 minutes

Cook Time: 15 minutes

Heat a large skillet over medium-high heat. Melt the butter. Add in the garlic and fry until fragrant (about 1 minute). Add in the shrimp and fry for 2 minutes on each side, until just cooked through and pink. Transfer to a bowl. Set aside.

Fry the onion in the butter remaining in the skillet. Pour in the wine, if using, and allow to reduce to half, while scraping any bits off of the bottom of the pan. Add the sun dried tomatoes and fry for 1 to 2 minutes to release their flavors.

Reduce the heat to low-medium heat. Add the half-and-half and bring to a gentle simmer, while stirring occasionally. Season with salt and pepper to your taste.

Add in the spinach leaves and allow to wilt in the sauce. Add to the Parmesan cheese. Allow the sauce to simmer for a further minute until the cheese melts through the sauce. (For a thicker sauce, mix the cornstarch with one tablespoon of water. Add the mixture to the center of the pan and continue to simmer while quickly stirring the mixture through until the sauce thickens.)

Add the shrimp back into the pan. Sprinkle with the herbs and parsley. Stir through.

Serve over pasta, rice or steamed vegetables. If serving with pasta, add in the pasta cooked al dente along with 1/4 cup of reserved pasta water into the pan of shrimp once they are cooked. Gently mix through the sauce until combined.

Serve immediately.

Per Serving (excluding unknown items): 145 Calories; 2g Fat (12.7% calories from fat); 24g Protein; 7g Carbohydrate; 1g Dietary Fiber; 173mg Cholesterol; 170mg Sodium. Exchanges: 0 Grain(Starch); 3 Lean Meat; 1/2 Vegetable.