

Creamy Garlic Shrimp with Parmesan

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Servings: 4

*1 tablespoon olive oil
1 pound shrimp, tails on or off
salt (to taste)
pepper (to taste)
2 tablespoons unsalted butter
6 cloves garlic, minced
1/2 cup dry white wine (or chicken broth)
1 1/2 cups light cream
1/2 cup fresh grated Parmesan cheese
2 tablespoons fresh chopped parsley*

Preparation Time: 10 minutes

Cook Time: 10 minutes

Heat oil in a large skillet over medium-high heat. Season the shrimp with salt and pepper. Fry for 1 to 2 minutes on each side until just cooked through and pink. Transfer to a bowl. Set aside.

In the same skillet, melt the butter. Saute' the garlic until fragrant (about 30 seconds). Pour in the white wine or broth. Allow to reduce to half while scraping any bits off of the bottom of the pan.

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

Add the Parmesan cheese. Allow the sauce to gently simmer for a further minute or so until the cheese melts and the sauce thickens.

Place the shrimp back into the pan. Sprinkle with parsley. Taste test the sauce and adjust the salt and pepper, if needed.

Serve over pasta, rice or steamed vegetables.

Per Serving (excluding unknown items): 384 Calories; 28g Fat (67.1% calories from fat); 26g Protein; 6g Carbohydrate; trace Dietary Fiber; 248mg Cholesterol; 205mg Sodium. Exchanges: 3 Lean Meat; 1/2 Vegetable; 5 Fat; 1/2 Other Carbohydrates.