
New Orleans Shrimp

Publix Aprons

Servings: 4

Start to Finish Time: 10 minutes

1/4 bunch fresh Italian parsley

1 lemon

1/4 cup red onions, diced

3 tablespoons garlic herb butter

1 1/2 teaspoons Creole (or Cajun) seasoning

1 1/2 large shrimp, peeled and deveined

1/4 cup fresh tomatoes, diced

1/2 cup white wine

Chop the parsley (1/2 cup). Cut the lemon in half.

Preheat a large saute' pan on medium high for 2 to 3 minutes. Place the onions and butter in the pan. Cook and stir for 2 minutes or until hot. Sprinkle the seasoning over the shrimp.

Add the tomatoes, parsley and shrimp to the pan (wash your hands). Squeeze the juice of one-half a lemon over the shrimp (about one tablespoon). Cook for 1 to 2 minutes, then add the wine. Cook 2 to 3 more minutes until the shrimp are pink and opaque.

Serve with the remaining one-half lemon, if desired.

Seafood

Per Serving (excluding unknown items): 33 Calories; trace Fat (7.7% calories from fat); 1g Protein; 3g Carbohydrate; 1g Dietary Fiber; 3mg Cholesterol; 9mg Sodium. Exchanges: 0 Lean Meat; 1/2 Vegetable; 0 Fruit.