

Shrimp A La Provencale

Mariann Clifford

The Church of St. Michael and St. George - St. Louis, MO - 1985

*1/4 cup olive oil
4 cloves garlic, minced
2 pounds large shrimp,
shelled and deveined
3/4 cup dry white wine
1 can (28 ounce) Italian
chopped tomatoes, drained
1/4 cup pitted black olives,
chopped
2 teaspoons capers
1 1/2 tablespoons chopped
parsley
1 tablespoon fresh basil,
chopped
1/4 teaspoon thyme leaves
1/4 teaspoon salt
1/4 teaspoon pepper*

In a skillet, heat the olive oil over medium heat.
Add the garlic. Cook, stirring, for 30 seconds.

Add the shrimp. Cook, tossing, for 3 to 4
minutes, until the shrimp are pink. Remove the
shrimp to a serving platter.

Raise the heat to high. Add the wine. Boil until
reduced by half, 2 to 3 minutes.

Add the tomatoes, olives, capers, parsley, basil,
thyme, salt and pepper. Cook, stirring, for 3
minutes. Pour the sauce over the shrimp.

Serve over rice or pasta.

Per Serving (excluding unknown
items): 1622 Calories; 73g Fat
(45.0% calories from fat); 186g
Protein; 16g Carbohydrate; 2g
Dietary Fiber; 1380mg Cholesterol;
2238mg Sodium. Exchanges: 0
Grain(Starch); 26 Lean Meat; 1
Vegetable; 0 Fruit; 11 1/2 Fat; 0
Other Carbohydrates.