
Shrimp Provencal with Goat Cheese

Helen Barrionuevo

St Therese de Lisieux Commemorative Cookbook - Wellington, FL - 2010

Servings: 4

1 box linguine
1/2 teaspoon butter
1 medium onion, chopped
1 tablespoon garlic, chopped
Kosher salt
fresh ground pepper
1 cup dry white wine
2 tablespoons fresh lemon juice
36 medium shrimp, peeled and deveined
1 cup tomatoes, seeded and diced
1/2 cup scallions, sliced
1/2 cup fresh basil, chopped
8 ounces fresh goat cheese, crumbled

Cook the linguine according to package directions.

Place the linguine, butter, onion and garlic in a saute' pan over low heat. Cover and cook for approximately 10 minutes until the onions are translucent. Add the wine, lemon juice and the shrimp. Cover and cook for 3 minutes. Remove the lid. Stir the shrimp, diced tomatoes, scallions and basil.

Cover and continue cooking for another 3 to 4 minutes. Drain the linguine and divide onto plates. Spoon the shrimp mixture on top of the linguine, reserving the liquid in the pan.

Return the pan to the burner, reduce the liquid for 1 minute. Pour the liquid over the shrimp and linguine and crumble the goat cheese on the top.

Seafood

Per Serving (excluding unknown items): 211 Calories; 2g Fat (10.2% calories from fat); 15g Protein; 24g Carbohydrate; 2g Dietary Fiber; 83mg Cholesterol; 97mg Sodium. Exchanges: 1 Grain(Starch); 1 1/2 Lean Meat; 1 Vegetable; 0 Fruit; 0 Fat.