

Shrimp Scampi

Hannelore Carle

The Pennsylvania State Grange Cookbook (1992)

Servings: 4

1/2 cup onion, chopped

*4 cloves garlic, finely
chopped*

1/4 cup butter or margarine

1/2 cup white cooking wine

*2 tablespoons parsley,
chopped*

*1 pound large shrimp,
peeled*

1 teaspoon salt

1/4 teaspoon pepper

In a skillet, saute' the onion and garlic in butter until golden brown. Add the wine. Bring to a boil.

Stir in the parsley, shrimp, salt and pepper. Cook for 3 to 4 minutes or until the shrimp turn pink.

Serve over rice.

Per Serving (excluding unknown items): 235 Calories; 14g Fat (52.5% calories from fat); 24g Protein; 4g Carbohydrate; 1g Dietary Fiber; 204mg Cholesterol; 820mg Sodium. Exchanges: 0 Grain(Starch); 3 Lean Meat; 1/2 Vegetable; 2 1/2 Fat.