
Shrimp Scampi VII

Mariette Bissonnette

Nettles Island Cooking in Paradise - 2014

1 pound shrimp, shelled and deveined

3 cloves garlic

1/2 cup minced onions

1/3 cup chopped parsley

butter or vegetable oil

1/3 cup chicken broth

1/4 cup non-alcoholic white wine

3 tablespoons lemon juice

1 tablespoon cornstarch

1/4 teaspoon pepper

dash crushed dry red pepper

5 small zucchini (unpeeled)

1 large onion, peeled and sliced

green onions (for garnish)

lemon slices (for garnish)

salt (to taste)

pepper (to taste)

Spray a large skillet or wok on high heat with butter or vegetable oil. Add the shrimp, garlic, onions and parsley. Stir-fry until the shrimp turns pink, 2 minutes. Push the shrimp aside.

Add the chicken broth, wine, lemon juice, cornstarch, pepper and red pepper to the shrimp. Cook and stir until bubbly and thickened. Set aside.

Steam the onion and zucchini together for 3 minutes. Add the salt and pepper.

Serve the shrimp over the cooked zucchini. Garnish with green onions and lemon slices.

Seafood

Per Serving (excluding unknown items): 630 Calories; 9g Fat (12.6% calories from fat); 97g Protein; 36g Carbohydrate; 5g Dietary Fiber; 690mg Cholesterol; 943mg Sodium. Exchanges: 1/2 Grain(Starch); 13 Lean Meat; 3 1/2 Vegetable; 1/2 Fruit; 0 Fat.