

Creamy Garlic Butter Shrimp Piccata

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Servings: 4

1 tablespoon unsalted butter
6 cloves garlic, minced
1 pound shrimp, tails on or off
1 tablespoon olive oil
1 small brown shallot
1/2 cup dry white wine (optional)
1 1/2 cups reduced-fat cream
salt (to taste)
pepper (to taste)
3 cups baby spinach
1/2 cup fresh grated Parmesan cheese
1 teaspoon cornstarch, mixed with one tablespoon of water
4 tablespoons fresh parsley, chopped
2 tablespoons fresh lemon juice (to taste)
4 tablespoons capers, rinsed and drained
lemon slices (for serving)
fresh chopped parsley (for garnish)

Preparation Time: 10 minutes

Cook Time: 10 minutes

Heat a large skillet over medium-high heat. Melt the butter and add in the garlic. Fry until fragrant, about 1 minute. Add in the shrimp. Fry for 2 minutes on each side, until just cooked through and pink. Transfer to a bowl. Set aside.

Fry the onion in the butter remaining in the skillet. Pour in the white wine, if using, and allow to reduce to half, while scraping any bits off the bottom of the pan.

Reduce the heat to medium-low. Add the cream and bring to a gentle simmer, stirring occasionally. Season with salt and pepper to taste.

Add in the spinach leaves. Allow to wilt in the sauce. Add in the Parmesan cheese and allow the sauce to gently simmer for a further minute or so until the cheese melts through the sauce. (For a thicker sauce, add the cornstarch mixture to the center of the pan. Continue to simmer while quickly stirring the mixture through until the sauce thickens.)

Add the shrimp back into the pan along with the lemon juice, capers and parsley. Stir through. Remove from the heat and serve immediately with lemon slices and extra parsley to garnish, if desired.

Serve over pasta, rice or steamed vegetables.

Per Serving (excluding unknown items): 187 Calories; 8g Fat (40.9% calories from fat); 23g Protein; 3g Carbohydrate; trace Dietary Fiber; 180mg Cholesterol; 249mg Sodium. Exchanges: 0 Grain(Starch); 3 Lean Meat; 1/2 Vegetable; 1 1/2 Fat; 0 Other Carbohydrates.