

Scampi Adobo

Taste of Home One-Dish Meals

Servings: 4

2 plum tomatoes, seeded and chopped
1 poblano pepper, seeded and chopped
1 tablespoon chipotle pepper in adobo sauce, minced
3 cloves garlic, minced
1 tablespoon olive oil
1 pound uncooked medium shrimp, peeled and deveined
1/2 cup white wine or reduced-sodium chicken broth
1/3 cup fresh cilantro, minced
3 tablespoons lime juice
2 tablespoons butter
1/2 teaspoon salt
1/4 cup part-skim mozzarella cheese, shredded
lim slices (optional)

In a large nonstick skillet, saute' the tomatoes, peppers and garlic in oil for 2 minutes. Reduce heat to medium; stir in the shrimp, wine, cilantro, lime juice, butter and salt. Cook and stir for 3 to 4 minutes or until shrimp turn pink.

Remove from the heat; sprinkle with cheese.

Garnish with lime slices, if desired.

Per Serving (excluding unknown items): 100 Calories; 9g Fat (79.1% calories from fat); 1g Protein; 5g Carbohydrate; 1g Dietary Fiber; 16mg Cholesterol; 330mg Sodium. Exchanges: 1/2 Vegetable; 0 Fruit; 2 Fat.