

Reaching Our Goals, Together

COOKING WITH CATHY



ONE-POT GARLICKY SHRIMP & SPINACH



NUTRITION FACTS

- Serving Size= 1 cup
- Calories per Serving= 226 cal
- Protein= 26.4g
- Carbohydrates= 6.1 g
- Sugar= 0.7g
- Fat= 11.6g
- Cholesterol= 182.6mg

<https://www.eatingwell.com/recipe/269496/one-pot-garlicky-shrimp-spinach/>

INGREDIENTS

- 3 Tbsps. Extra Virgin Olive Oil
- 6 Medium Garlic Cloves (sliced)
- 1 Pounds Spinach
- 1/4 Tsp. salt + 1/8 Tsp.
- 1/4 Tsp. Lemon Zest
- 1 Tbsp. Lemon Juice
- 1 Pound of Peeled Shrimp
- 1/4 Tsp. Crush Red Pepper
- 1 Tbsp. Finely Chopped Parsley

DIRECTIONS

1. Heat 1 Tbsp. oil in a large pot over medium heat. Add half the garlic and cook until beginning to brown, 1 to 2 minutes. Add spinach and 1/4 teaspoon salt and toss to coat. Cook, stirring once or twice, until mostly wilted, 3 to 5 minutes. Remove from heat and stir in lemon juice. Transfer to a bowl and keep warm.
2. Increase heat to medium-high and add the remaining 2 tablespoons oil to the pot. Add the remaining garlic and cook until beginning to brown, 1 to 2 minutes. Add shrimp, crushed red pepper and the remaining 1/8 teaspoon salt; cook, stirring, until the shrimp are just cooked through, 3 to 5 minutes more. Serve the shrimp over the spinach, sprinkled with lemon zest and parsley.