



Shrimp Scampi over Rice

Prep: 20 minutes

Cook: 5 minutes • Serves: 4

- 2 bags boil-in-bag white rice
- 3 tablespoons extra virgin olive oil
- 4 garlic cloves, minced (about 4 teaspoons)
- 1 large shallot, finely chopped (about 1/3 cup)
- 1 1/4 pounds raw 16-20 count peeled and deveined shrimp, thawed if necessary
- 1 tablespoon lemon zest
- 3/4 teaspoon salt
- 1/2 teaspoon ground black pepper
- 1/2 cup dry white wine (such as Pinot Grigio, Chardonnay or Sauvignon Blanc)
- 3 tablespoons fresh lemon juice
- 2 tablespoons unsalted butter
- 2 tablespoons packed thinly sliced fresh basil leaves
- 1/4 cup loosely packed coarsely chopped fresh Italian flat-leaf parsley leaves

1. Prepare rice as label directs.

2. In large skillet, heat oil over medium-high heat. Add garlic and shallot; cook 1 to 2 minutes, stirring frequently. Add shrimp; cook 1 to 2 minutes, turning once halfway through cooking. Stir in zest, salt and pepper; add wine and lemon juice; cook 1 minute or until internal temperature of shrimp reaches 145°F. Stir in butter until melted; sprinkle basil and parsley over shrimp and sauce. Serve shrimp mixture over rice.

Approximate nutritional values per serving:

466 Calories, 16g Fat (5g Saturated), 158mg Cholesterol, 1085mg Sodium, 51g Carbohydrates, 1g Fiber, 20g Protein