

VitaMin

Vital health information in a minute



LEMON PEPPER SHRIMP SCAMPI

Photo: Johnny Autry

Yield: 4 servings (serving size: ½ cup orzo mixture and about 7 shrimp)

Ingredients

- 1 cup uncooked orzo
- 2 tablespoons chopped fresh parsley
- 1/2 teaspoon salt, divided
- 7 teaspoons unsalted butter, divided
- 1 1/2 pounds peeled and deveined jumbo shrimp
- 2 teaspoons minced fresh garlic
- 2 tablespoons fresh lemon juice
- 1/4 teaspoon freshly ground black pepper

Source: Printed with permission of *Cooking Light*, November 2012

Preparation

1. Cook orzo according to package directions, omitting salt and fat. Drain. Place orzo in a medium bowl. Stir in parsley and 1/4 teaspoon salt; cover and keep warm.
2. While orzo cooks, melt 1 tablespoon butter in a large nonstick skillet over medium-high heat. Sprinkle shrimp with remaining 1/4 teaspoon salt. Add half of shrimp to pan; sauté 2 minutes or until almost done. Transfer shrimp to a plate. Melt 1 teaspoon butter in pan. Add remaining shrimp to pan; sauté 2 minutes or until almost done. Transfer to plate.
3. Melt remaining 1 tablespoon butter in pan. Add garlic to pan; cook 30 seconds, stirring constantly. Stir in shrimp, juice and pepper; cook 1 minute or until shrimp are done.

Nutritional Information

Amount per serving

- Calories: 403
- Fat: 10.4 g
- Saturated fat: 4.8 g
- Monounsaturated fat: 2.2 g
- Polyunsaturated fat: 1.4 g
- Protein: 40.1 g
- Carbohydrate: 34.7 g
- Fiber: 1.7 g
- Cholesterol: 276 mg
- Iron: 4.3 mg
- Sodium: 549 mg
- Calcium: 97 mg

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