



Simple Pan-Fried Shrimp

1 tbsp extra
virgin **olive**
oil

1 tbsp **unsalted**
butter

2 **cloves** **garlic**,
diced

1 lb. raw
shrimp,
deveined

2 tbsp **parsley**,
chopped

2 tbsp **lemon**
juice

Heat pan over medium heat. Add olive oil and butter. Once hot, add garlic and sauté 1 minute. Add shrimp in single layer in pan. Let cook 1-2 minutes on each side until shrimp are fully pink. Remove from heat and scrape shrimp and juices onto serving plate. Sprinkle with parsley and lemon juice.

Makes 4 servings. Each:
180 calories ❖ 23g protein ❖ 8g total fat
❖ 180mg chol ❖ 2g carb ❖ 0g sugar ❖
0g fiber ❖ 275mg sodium