

Simple Holiday Shrimp Bake

1 lb shrimp, peeled and deveined
3 cloves garlic, minced
1 tbsp lemon juice
1 tbsp olive oil
1 tbsp unsalted butter, broken into small pieces
Pinch each salt and pepper
3 tbsp whole-grain panko bread crumbs
1 tbsp Parmesan cheese
1 tbsp chopped fresh parsley

Preheat oven to 400°F.

In a baking dish, combine shrimp, garlic, lemon juice, oil, butter, salt and pepper. **Mix** to coat shrimp. **In** a small bowl, combine bread crumbs and cheese.

Sprinkle bread crumb mixture over shrimp. **Bake** until shrimp turn pink and opaque, about 8-12 minutes.

Sprinkle with parsley and serve with lemon wedges.



EASY recipe

Makes 4. Per serving:

194 calories | 24g protein | 8g total fat | 3g saturated fat | 4g mono fat | 1g poly fat
| 4g carbohydrate | 0g sugar | 0g fiber | 298mg sodium