

Spinach & Shrimp Scampi Recipe



PREP TIME:
15 MINUTES

COOK TIME:
12-15 MINUTES

TOTAL TIME:
30 MINUTES

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Recipe type: Gluten Free / Dairy Free

Yield: 4 Servings

Ingredients:

- 16 oz. Package Raw Large Organic Shrimp (*Note: Wegman's fish/freezer section*)
- ¼ White Onion – Diced
- 3-4 Garlic Gloves - Minced
- 1 ½ TBSP – Extra Virgin Olive Oil
- 1 TSP Salt (*Himalayan Sea Salt Recommended*)
- 1 TSP Dried Basil
- 1 TSP Dried Oregano
- 1 TSP Dried Rosemary
- 2 Cups Organic Baby Spinach – Chopped
- 1 ½ Cups Organic Vegetable Broth
- 1 TBSP Vegan Butter (*Note: Earth Balance or Melt Brand*)
- 1 TSP Fresh Squeezed Lemon (about ½ a lemon)
- 12 oz. Package Gluten Free Pasta (*Recommend: Jovial Brand Rotini*)
- **Optional:** Top with a few shakes of Nutritional Yeast

Instructions:

1. Empty bag of shrimp in colander and run cold water over it for 5 minutes until thawed.
2. Start boiling water.
3. In a large sauté pan, add olive oil – warm up 3 minutes.
4. Add onion and cook down 3-5 minutes (*add ¼ cup broth to speed it up*), add garlic and cook 1-2 more minutes.

5. Add remaining vegetable broth, let warm up 3-5 minutes and then add shrimp – cooking on medium heat.
6. Sprinkle in salt, basil, oregano and rosemary.
7. Shrimp will turn pink fast – add vegan butter and lightly stir.
8. Once cooked through – about 4-6 minutes. Remove from heat and add spinach. Spinach will wilt quickly when stirred in.
9. Lastly mix in lemon juice.
10. In the meantime, start boiling a pot of water. Usually done in 9-10 minutes, drain and reserve small amount of liquid for sauce – add 1 TBSP of liquid to bowl/plate. (***COOK PASTA while cooking shrimp so ready at the same time***).
11. Pour shrimp and spinach with sauce onto pasta. Top with nutritional yeast if desired.

***Try and use all organic ingredients if possible.**

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