

## Lemon Herb Shrimp

Only six ingredients create this scrumptious shrimp and sauce for a last minute dinner. Serve with angel hair pasta and French bread to soak up all the yummy sauce.

This recipe is from Holly Clegg's *trim&TERRIFIC Eating Well to Fight Arthritis* cookbook and is diabetic-friendly.



### INGREDIENTS

Makes 6-8 servings

- ▶ 1/2 cup olive oil
- ▶ 2 teaspoons dried oregano leaves
- ▶ 2 teaspoons dried thyme leaves
- ▶ 1/2 cup pre-chopped green onion
- ▶ 1/4 cup lemon juice
- ▶ 2 pounds peeled medium shrimp

### PREPARATION

1. Combine all ingredients except shrimp in resealable plastic bag. Add shrimp, tossing to coat. Refrigerate one hour, time permitting.
2. Preheat oven 450°F. Place shrimp and marinade on foil lined baking pan. Bake 10 minutes (depending on shrimp size) or until shrimp are done and marinade bubbling. Serve shrimp with sauce. Season to taste.

### NUTRITIONAL ANALYSIS (per serving)

- ▶ Calories: 206
- ▶ Calories from Fat: 65%
- ▶ Fat: 15g
- ▶ Saturated Fat: 2g
- ▶ Cholesterol: 143mg
- ▶ Sodium: 257mg
- ▶ Carbohydrates: 3g
- ▶ Dietary Fiber: 1g
- ▶ Total Sugars: 0g
- ▶ Protein: 16g
- ▶ Dietary Exchanges: 2 lean meat, 2 fat

***Terrific Tip:*** Look in the produce section of the grocery for containers of pre-chopped green onion.

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