

Sassy Shrimp Sauté

- 4 garlic cloves, divided
- 1 tablespoon coconut oil
- 1 pound peeled and deveined medium shrimp
- 1 cup Cherry tomatoes, halved
- 1/2 cup chicken broth (Organic Low Sodium)
- 1 tablespoon fresh lemon juice or 1 medium fresh lemon
- 1 1/2 teaspoons all-purpose flour
- 3 tablespoons chilled butter, cut into small pieces
- 1/4 teaspoon salt
- 1/4 teaspoon black pepper
- 1 tablespoon chopped fresh parsley



Directions

Preheat broiler to high. Thinly slice 4 garlic cloves

Heat a large skillet over medium-high heat. Add oil to pan; swirl to coat. Add shrimp; sauté 2 minutes or until almost done, stirring occasionally. Add sliced garlic and tomatoes to pan; sauté 30 seconds or until tomatoes begin to soften.

Combine chicken stock, lemon juice, and flour, stirring well with a whisk or fork.

Add stock mixture to pan; bring to a boil. Cook 1 minute or until slightly thickened.

Reduce heat to medium-low. Gradually add butter pieces, stirring constantly until butter melts before adding more. Stir in salt, pepper, and parsley, if desired.

Serve with side vegetable or brown rice or Yam Noodles

Calories Per Serving – 258 (Serving Size is $\frac{3}{4}$ Cup of Shrimp Mixture and veggies or Yam Noodles)

Protein 24g

Carbs 7g