

Saucy Shrimp Sauté on Toast

What You'll Need

- Garlic
- Medium shrimp
- Grape tomatoes
- Unsalted chicken stock
- Fresh lemon juice
- Unsalted butter
- Whole-wheat French bread
- Canola oil
- All-purpose flour
- Salt and pepper



Step-by-Step Instructions

1. Preheat broiler to high. Thinly slice 4 garlic cloves; cut remaining garlic clove in half lengthwise.
2. 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.
3. Add sliced garlic and tomatoes to pan; sauté 30 seconds or until tomatoes begin to soften.
4. Combine chicken stock, lemon juice, and flour, stirring well with a whisk or fork.
5. Add stock mixture to pan; bring to a boil. Cook 1 minute or until slightly thickened.
6. 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.
7. Arrange bread on a baking sheet. Broil 1 minute on each side or until toasted.
8. Rub 1 side of each toast slice with cut sides of halved garlic clove. Spoon shrimp mixture over toast.

Options: Use the shrimp mixture as a sauce for a pasta toss. • Serve the shrimp mixture over brown rice, grits, or mashed potatoes. • Not into shrimp? Use chopped chicken instead.

TOTAL TIME: 21 minutes

SERVES: 4

CALORIES 307; **FAT** 13.7g (sat 5.9g)

PROTEIN 20g **CARBS** 24g **FIBER** 1g **CHOL** 166mg;

SODIUM 630mg; **CALCIUM** 80mg

SERVING SIZE: 2 toast slices & about 3/4 cup shrimp mixture