

# Spicy Tomato Basil Shrimp

Code
Q

Nutrition Facts:	
Yield	4
Calories	162
Total Fat	4.6 g
Sat Fat	1.3 g
Sodium	389 mg
Fiber	1 g
Carbohydrates	6 g
Cholesterol	218 mg
Protein	24 g

## **Ingredients Needed:**

- Cooking spray
- 36 large shrimp, peeled
- 1 teaspoon olive oil
- 2 cups plum tomatoes, seeded and diced
- 1 1/2 teaspoons butter
- 3 tablespoons fresh lemon juice
- 1 teaspoon crushed red pepper
- 12 small basil leaves, fresh



## **Recipe Directions:**

- Coat a large skillet with cooking spray
- Arrange shrimp in a single layer and turn heat to low; cook shrimp 8 minutes, without turning.
- Increase heat to medium-low. Cook 2 minutes or until edges of shrimp turn orange. Turn shrimp over; cook 2 minutes or until shrimp turn orange on bottom edges. Place shrimp in a large bowl.
- Heat pan over medium-high heat and add oil to pan; swirl to coat.
- Add shrimp to pan; sauté 45 seconds. Turn off heat.
- Add tomatoes; toss to coat. Add butter, lemon juice, crushed red pepper, and basil leaves; toss to melt butter and coat
- Serve immediately.

