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Lemon Pepper Shrimp Scampi

Indulge in the flavor of the Mediterranean with plump shrimp tossed with lemon and pepper. Serve with sautéed asparagus for a fine accompaniment.

from **CookingLight**

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Outstanding

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Photo: Randy Mayor; Styling: Jan Gautro

YIELD: 4 servings (serving size: 1/2 cup orzo mixture and about 7 shrimp)
COURSE: Main Dishes

Ingredients

- 1 cup uncooked orzo
- 2 tablespoons chopped fresh parsley
- 1/2 teaspoon salt, divided
- 7 teaspoons unsalted butter, divided
- 1 1/2 pounds peeled and deveined jumbo shrimp
- 2 teaspoons bottled minced garlic
- 2 tablespoons fresh lemon juice
- 1/4 teaspoon black pepper

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Preparation

1. Cook orzo according to package directions, omitting salt and fat. Drain. Place orzo in a medium bowl. Stir in parsley and 1/4 teaspoon salt; cover and keep warm.
2. While orzo cooks, melt 1 tablespoon butter in a large nonstick skillet over medium-high heat. Sprinkle shrimp with remaining 1/4 teaspoon salt. Add half of shrimp to pan; sauté 2 minutes or until almost done. Transfer shrimp to a plate. Melt 1 teaspoon butter in pan. Add remaining shrimp to pan; sauté 2 minutes or until almost done. Transfer to plate.
3. Melt remaining 1 tablespoon butter in pan. Add garlic to pan; cook 30 seconds, stirring constantly. Stir in shrimp, juice, and pepper; cook 1 minute or until shrimp are done.

David Bonom, *Cooking Light*
MARCH 2009

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Nutritional Information

Amount per serving

Calories: 403

Fat: 10.4g

Saturated fat: 4.8g

Monounsaturated fat: 2.2g

Polyunsaturated fat: 1.4g

Protein: 40.1g

Carbohydrate: 34.7g

Fiber: 1.7g

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Cholesterol: 276mg
Iron: 4.3mg
Sodium: 549mg
Calcium: 97mg

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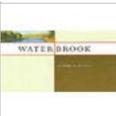
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Ratings and Reviews (54)

★★★★★ *Outstanding*

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crismys

Posted: 07/01/11



Quick and easy, with many variations possible. Packs a high cholesterol punch for anyone watching their numbers.

Good, solid recipe

mmravle

Posted: 06/15/11



Outstanding

this was so fast and easy! the only thing I changed was using smaller shrimp so that everything was bite-sized, and I also added some olive oil at the end so that the orzo would stick less. The dish was homey without being heavy - my husband went back for seconds! :)

CaraCook

Posted: 03/29/11



Outstanding

Very good and easy! I used thawed, frozen cooked shrimp. While the pasta was boiling (I used angel hair broken in half), I tossed the shrimp in with the lemon juice and let it sit until I sauteed the garlic in the butter then added the shrimp/lemon mixture to heat through. Also, I put a half of a bag of baby spinach in the bottom of the bowl and added the hot pasta on top. Tossed it all together - Yum!

Mdancause

Posted: 03/26/11



Outstanding

Made this for a quick dinner after a busy work day and it was perfect. I added a little extra lemon juice and used frozen, cooked shrimp which I threw in just at the last minute to heat through. I will definitely add this to the rotation.

ksdmom

Posted: 03/24/11



Outstanding

this was quite tasty and very simple. i used two pounds of shrimp and angel hair pasta, so i added a bit more pepper, garlic and lemon juice (one additional scoop of each at the amount indicated in the recipe). i also added finely chopped red onion and crushed red pepper.

Belladonna714

Posted: 03/24/11



Outstanding

Yum!!! I will admit that the Amount of orzo is small in comparison to the amount of shrimp. This was easy enough for a quick weeknight meal and tasty enough to serve to guests. I used Wegmans garlic cheese butter, pan seared the shrimp and just topped the orzo with them instead of tossing them with butter, juice and garlic and in the end just tossed the orzo in that to create more sauce. Next time I will add the juice of a whole lemon and some hot pepper spread, and there will be a next time...soon!

AustinCheryl

Posted: 03/23/11



Good, solid recipe

To add some zip I boiled the orzo in chicken broth, sautéed shrimp in evoo, smart balance, used a combo of some that broth, white wine, a dash of worcestershire, lemon juice & garlic and pepper to finish the shrimp. It was well received & loved the orzo for a change.

tkirkland

Posted: 03/23/11



Outstanding

Surprisingly tasty for being so simple! Cooking the shrimp with the lemon juice left enough "sauce" to flavor the orzo. Added chopped & grilled asparagus and some parmesan cheese for a one-bowl meal. If you're longing for a little more of a kick, toss in some red pepper flakes. Yum yum!

amysryan

Posted: 03/22/11



Outstanding

this was FANTASTIC & took literally 5 minutes to make. Served with frozen italian blend veggies that i just steamed in microwave with garlic & threw on top!

shazfood1

Posted: 02/23/11



Outstanding

Loved this simple recipe....used chicken broth to make more moist...orzo was great. Would definitely make again and serve to company!

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