



SAUTÉED SHRIMP AND MUSHROOM

Yield: 6 Servings

Ingredients

- 1 lb. 6 oz.
- ¾ cup
- 1 ½ cups
- ½ tablespoon
- 1 cup
- ⅓ cup
- 2 tablespoons
- ¼ teaspoon
- ¼ cup
- ½ teaspoon
- ¼ teaspoon
- Shrimp
- Yellow Onion, sliced
- Fresh Brown Mushrooms, sliced
- Garlic Cloves, minced
- Fresh Roma Tomatoes, diced
- Chicken Broth
- Canola Oil
- Margarine
- Fresh Parsley, chopped
- Salt
- Black Pepper

Procedure

1. Heat a large sauté pan over medium-high heat. Add canola oil.
2. Add yellow onion and cook 3-4 minutes.
3. Add mushrooms and cook 6-7 minutes.
4. Add garlic and cook for 2 additional minutes.
5. Add shrimp and tomatoes. Cook until shrimp reaches an internal temperature of 145°F.
6. Add chicken broth, salt and pepper. Continue cooking on medium-high heat to reduce slightly.
7. Reduce to a simmer and whisk in margarine.
8. Garnish with chopped parsley.

Nutrition Facts

Serving size 4 oz. (113 g)

Amount per serving
Calories 130

% Daily Value*

Total Fat 5g 6%

Saturated Fat 0g 0%

Trans Fat 0g

Cholesterol 115mg 40%

Sodium 547mg 25%

Total Carbohydrate 4g 0%

Dietary Fiber 1g 4%

Total Sugars 2g

Includes 0g Added Sugars 0%

Protein 17g

Vitamin D 0mcg 0%

Calcium 66mg 6%

Iron 1mg 6%

Potassium 283mg 6%

* The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.