

Shrimp Scampi

Courtesy of Carole's Creations

Prep Time: 10 minutes

Cooking Time: 5 minutes

Serves: 4

CChints: Buy shrimp when it goes on sale. Ask your market person if they still have it frozen. If they do, buy what you need or even more because you can keep it frozen until needed. If the shrimp has been previously frozen, it can not be re-frozen.



1 pound large shrimp, peeled and deveined

2 teaspoons Carole's Seasoning blend (see below)

2 teaspoons olive oil

4 tablespoons butter – divided, see recipe

1 -1/2 tablespoons minced garlic, fresh or jarred

1 medium shallot, thinly sliced

1 Tablespoon capers, rinsed and minced

1/2 cup dry white wine

1/4 cup fresh lemon juice (about 1 lemon)

Zest from 1 lemon

1/4 teaspoon salt

Optional : 1/2 pound cooked linguini, wheat or whole grain or serve as a side dish to grilled meats.

Put shrimp in a bowl and sprinkle with seasoning blend.

Cook the pasta according to the package directions. Remember to salt the water. Try to time the cooking of the pasta so it is done when the sauce is finished.

In a large nonstick skillet, heat 2 tablespoons butter over medium heat. Add the shrimp to the pan in a single layer. Cook 2 minutes and turn them over and add garlic, shallots and capers to the pan for 30 seconds. Add the wine, lemon juice, and the last 2 tablespoons of butter. Cook 1-1/2 minutes and add the lemon zest and salt. Remove from the heat and add the drained linguini and serve or add it as a side item to your grilled meal.

Serve with a side vegetable.

Carole's Seasoning Blend

1 Tablespoon + 1 teaspoon smoked paprika

2 teaspoons chili powder

1 Tablespoon onion powder

1 Tablespoon dried oregano

1 Tablespoon garlic powder

1 Tablespoon salt

1 teaspoon black pepper

1 teaspoon cumin

1 teaspoon dried thyme

1 teaspoon dried basil

Combine all ingredients thoroughly and store in an airtight jar or container in a dark location. Herbs will last long in a dark area. Makes about 1/3 cup. Can be used in a variety of recipes.