



MEDITERRANEAN SHRIMP

SERVINGS: 4 | PREP TIME: 5 MINS | COOK TIME:

- In a medium bowl, combine all marinade ingredients, from olive oil through dried basil.
- Pat the shrimp dry with paper towels. Then add to the marinade and toss. Set in the refrigerator for 30 minutes to marinate. Stir occasionally.
- Preheat oven broiler. Line a baking sheet with foil for easy cleanup.
- Optional: Thread four or five shrimp on each skewer. Set shrimp on baking sheet. Discard the rest of the marinade (or boil marinade and use as sauce per serving instructions below.)
- Broil shrimp for 2 minutes on the first side and then flip the shrimp. Broil for another 2 minutes on the second side. Shrimp is done when it is pink. Do not overcook.
- Garnish shrimp with some minced parsley, a squeeze of lemon and some crumbled feta. Serve warm or at room temperature.

• FREEZER MEAL INSTRUCTIONS:

To freeze: Complete steps 1, 2 and 4. Place skewers in a freezer bag. Pour the rest of the marinade over the shrimp in the bag. Seal the bag well, toss to combine and freeze.

To prepare: When ready to cook, submerge sealed freezer bag in cold water until the shrimp is mostly thawed (about 15 minutes). Then cook and serve according to directions.

• SERVING SUGGESTIONS:

Boil the leftover marinade in small pot on the stovetop for 4-5 minutes and then pour over shrimp and pasta or rice. Then top with parsley, lemon and feta.

- ¼ cup olive oil
- 3 TBSP. fresh lemon juice (juice of about 1½ lemons)
- ½ tsp. of minced garlic (2-3 garlic cloves, minced)
- 1 tsp. salt
- ¼ tsp. freshly ground black pepper
- ⅛ tsp. red pepper flakes
- ½ tsp. dried oregano
- ½ tsp. dried basil
- 1 pound (16-20 count) raw deveined large shrimp (peeled or shell on)
- Fresh parsley, chopped, for garnish
- Lemon wedges, for garnish
- Crumbled feta cheese, for garnish