



**10**  
**GREEK-STYLE  
SCAMPI**

- 1 teaspoon olive oil
- 5 garlic cloves, minced
- 2 (28-ounce) cans whole tomatoes, drained and coarsely chopped
- $\frac{1}{2}$  cup chopped fresh parsley, divided
- $1\frac{1}{4}$  pounds large shrimp, peeled and deveined
- 1 cup (4 ounces) crumbled feta cheese
- 2 tablespoons fresh lemon juice
- $\frac{1}{4}$  teaspoon fresh ground pepper

1. Preheat oven to 400°.
2. Heat oil in a large Dutch oven over medium heat. Add garlic; sauté 30 seconds. Add tomatoes and  $\frac{1}{4}$  cup parsley. Reduce heat; simmer 10 minutes. Add shrimp; cook 5 minutes. Pour mixture into a 13 x 9-inch baking dish; sprinkle with cheese. Bake at 400° for 10 minutes. Sprinkle with  $\frac{1}{4}$  cup parsley, lemon juice, and pepper. Yield: 6 servings.

CALORIES 174 (33% from fat); FAT 6.4g (sat 3.2g, mono 1.7g, poly 0.8g); PROTEIN 19.1g;  
CARB 10.6g; FIBER 1.5g; CHOL 125mg; IRON 3.3mg; SODIUM 608mg; CALC 188mg