



## **Shrimp Scampi**

4 tsp olive oil  
1 1/4 pounds med shrimp, peeled (tails left on) and de-veined  
6-8 garlic cloves, minced  
1/2 cup low sodium chicken broth  
1/2 cup dry white wine  
1/4 cup fresh lemon juice  
1/4 cup + 1 T minced parsley  
1/4 tsp salt  
1/4 tsp freshly ground pepper  
4 lemon slices

In a large nonstick skillet, heat the oil. Sauté the shrimp until just pink, 2-3 min. Add the garlic and cook, stirring constantly, about 30 seconds. With a slotted spoon transfer the shrimp to a platter; keep hot.

In the skillet, combine the broth, wine, lemon juice, 1/4 cup of the parsley, the salt and pepper; bring to a boil. Boil, uncovered, until the sauce is reduced by half; spoon over the shrimp. Serve garnished with the lemon slices and sprinkled with the remaining tablespoon of parsley. Makes 4 servings.

Nutrition Information per serving: 184 Calories, 24 grams protein, 6 grams fat, 3 grams carbohydrate, 404 mg sodium.

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