



cara price

TUSCAN SHRIMP

INGREDIENTS

- 1-1/2 pounds shrimp, peeled & deveined
- 5 ounce jar {organic} sun-dried tomatoes in oil, chopped
- 1 yellow onion, chopped
- 6 cloves garlic, minced
- 1 - 5 ounce container baby spinach leaves
- 1 cup light coconut milk
- 1/2 cup white wine
- 1 tablespoon + 1 teaspoon italian seasoning
- 1 tablespoon arrowroot flour
- 1 teaspoon salt
- fresh basil for garnish

DIRECTIONS

pat the shrimp dry & then toss together with 1 tablespoon italian seasoning & 1 teaspoon salt & set aside.

drain the oil off of the sun-dried tomatoes & reserve oil.

pour the reserved oil into a large sauté pan & heat over medium-high. sauté the shrimp, stirring to cook evenly for about 4-5 minutes. remove shrimp to a plate.

place onion into pan & cook until golden brown. add in garlic & cook for another minute or so. sprinkle 1 teaspoon italian seasoning & arrowroot flour over onion & garlic, stir just until you no longer see any white of the flour. pour wine over onion, stir & immediately reduce heat to simmer. pour coconut milk into pan, stir to combine, then add in spinach leaves.

turn the heat up to medium & stir continuously until the spinach is wilted then add in the chopped, sun-dried tomatoes & shrimp.

cook over low for about 2 more minutes, just to heat through.

garnish with fresh basil & serve over spaghetti squash.