

Garlic Shrimp with Chervil

Yield: 4 servings

Ingredients:

2 tablespoons olive oil
3 large garlic cloves, minced
¼ teaspoon red pepper flakes
½ pound medium raw shrimp, peeled and deveined
salt to taste
1 tablespoon lemon juice
1 tablespoon dry white wine
2 tablespoons fresh chervil, chopped

Procedure:

Heat olive oil in a skillet and add garlic. Saute until garlic is softened but not brown, about 2 minutes. Add red pepper, shrimp and salt and cook for about 2 minutes. Turn shrimp and continue cooking until shrimp becomes opaque, about 2 minutes longer. Add the lemon juice and wine, stirring through the shrimp to blend, and cook about 1 minute longer. Divide into 4 servings and sprinkle each with chervil. Accompany with thin slices of oven-toasted Italian or French bread.

contains about
140 calories
and 8 grams of
fat per serving

Roasting or heating garlic in a microwave oven can inactivate some of garlic's healthful compounds.



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