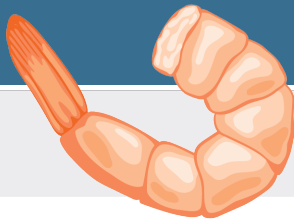


GARLIC SHRIMP & BROCCOLI



May 10

National Shrimp Day



INGREDIENTS

- 1 Pound Large Shrimp (peeled and deveined)
- 5 Tablespoons Olive Oil (divided)
- 10 Cloves Garlic (minced; divided)
- 1 Teaspoon Paprika
- Salt and Pepper (to taste)
- 1 Tablespoon Lemon Juice
- 2 Cups Broccoli Florets
- 2 Tablespoons Unsalted Butter
- 1 Teaspoon Lemon Zest
- 1 Teaspoon Dried Oregano

DIRECTIONS

1. Season the shrimp with salt, pepper, paprika, and a tablespoon of lemon juice. Toss the shrimp to evenly coat them with the spices and set aside.
2. In a large skillet, heat 2 tablespoons of olive oil over medium-high heat.
3. Once the oil is hot, add the seasoned shrimp to the skillet. Cook for 2-3 minutes on each side, until the shrimp are pink and opaque. Remove the shrimp from the skillet and set aside on a plate.
4. While the shrimp are cooking, wash and chop the broccoli into bite-sized florets.
5. In the same skillet, add 1 tablespoon of olive oil. Once the oil is hot, add 2 cloves of minced garlic and sauté for 30 seconds until fragrant.
6. Add the broccoli florets and sauté for about 5-7 minutes, stirring occasionally. The broccoli should be tender but still slightly crisp. Season with salt and pepper to taste. Once the broccoli is cooked, remove it from the skillet and set it aside with the shrimp.
7. In the same skillet, reduce the heat to medium. Add 2 tablespoons of butter and 2 tablespoons of olive oil to the pan. Let the butter melt completely.
8. Add 4 cloves of minced garlic to the skillet and sauté for 1-2 minutes, making sure not to burn it.
9. Stir in the lemon zest and dried oregano, allowing the flavors to combine. Taste the sauce and adjust with salt and pepper.
10. Return the cooked shrimp and broccoli to the skillet with the garlic sauce. Toss everything together gently, ensuring the shrimp and broccoli are coated with the sauce.
11. Let everything simmer together for 2-3 minutes to allow the flavors to meld. Serve immediately.

MEAL PATTERN CONTRIBUTION

-  Meat/Meat Alternate
-  Vegetable

MEAL TYPE

 Lunch/Supper

YIELD

4 Cups

PORTION SIZES

Toddler	Preschool	School Age	Adult
½ Cup	¾ Cup	1 Cup	1 Cup