

Be 

BrickhouseBodymind.com

**Nutritional
Information**

Total Cals - 426

Fat

15.5 Grams
140 Calories
33% of Total

Carbs

44 Grams
176 Calories
41% of Total

Prot

27.5 Grams
110 Calories
26% of Total

Aegean Shrimp

seafood - dinner



Ingredients

2 Medium Tomatoes, chopped
1 Medium White Onion, chopped
1 Tbsp Olive Oil
2 Garlic Cloves, crushed
1 Bay Leaf
1 tsp Basil
1 tsp Oregano
1/4 Cup Fresh Parsley, chopped
1/2 tsp Sesame Oil
1 10-oz Package Frozen Raw Shrimp,
peeled, deveined, thawed
1 6-oz Package Feta Cheese
8 Black Olives, halved
1/2 Lemon
Salt and Freshly Ground Pepper
to taste
3 Cups Cooked Rice

Directions

1. Preheat oven to 475°
2. Heat oil in large skillet over med-hi heat
3. Add onion and saute until soft
4. Stir in tomatoes, garlic, bay leaf, basil, oregano, parsley, sesame oil, salt, and pepper then cook 4 to 5 minutes
5. Remove vegetables from skillet with slotted spoon so as to reerve liquid
6. Cook shrimp in juices until pink
7. Spread vegetables in bottom of an 8"x8"x2" baking dish, add shrimp and juices, then sprinkle feta on top
8. Arrange olives on top of feta and squeeze lemon juice over all
9. Bake 10 to 15 minutes and serve over rice

Makes 4 Servings

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