

**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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