



Mediterranean Shrimp

INGREDIENTS

Vegetables:

3 tablespoons dry white wine
2 tablespoons extra-virgin olive oil
3 cloves garlic, minced
12 oz jarred/canned artichoke hearts, drained
1 pint grape tomatoes
1/3 cup kalamata olives, pitted and chopped
2 tablespoons capers, drained and chopped
1 red onion, cut into chunks
Kosher salt and black pepper

Shrimp:

1 tablespoon extra-virgin olive oil
1/2 teaspoon dried oregano
1/4 teaspoon crushed red pepper
1 clove garlic, minced
Grated zest and juice of 1 lemon
1 pound cleaned large shrimp
Kosher salt and freshly ground black pepper

DIRECTIONS

Preheat the oven to 450 degrees F.

Vegetables: In a large bowl, whisk the white wine, olive oil and garlic. Add the artichokes, haricot vert, tomatoes, olives, capers and onions and toss to coat. Season with about 1/2 teaspoon salt and 1/4 teaspoon pepper. Transfer the mixture to a baking sheet and evenly spread out. Roast until the tomatoes begin to release their juices, 10 to 12 minutes.

Shrimp: While the vegetables are roasting, use the same bowl and mix together the olive oil, oregano, red pepper, garlic and lemon zest and juice. Add the shrimp and toss to coat. Season with about 1/4 teaspoon salt and a pinch of black pepper. Remove the baking sheet from the oven and add the shrimp. Stir and evenly spread out the shrimp and vegetables. Add the pieces of baguette around the perimeter. Roast until the shrimp is pink and opaque, 8 to 10 minutes. Makes 4 servings; 320 calories each.