

Baked Shrimp With Pine nuts, Basil, Tomatoes And Olive Oil



SERVES 4

Shrimp, vegetables and good fats make this dish filling, nutritious and delicious. As it is low in carbohydrates, you can add starches as recommended in the recipe.

Nutrition Information

Amount Per Serving:

184 calories, 16g fat, 4g carbohydrates, 1g fiber

Individual Serving Size:

4 shrimp

Ingredients

16 medium-sized shrimp, peeled and deveined
4 plum tomatoes, cut in half
¼ cup pine nuts
1 cup basil

1 clove garlic
3 tbsp. olive oil
1 tbsp. balsamic vinegar
Salt and pepper to taste

Directions

Preheat a non stick pan in a 375°F oven. In a blender, roughly puree the garlic, and the basil in a little olive oil. Add the pine nuts and pulse. Season the shrimp with salt and pepper and toss in the pine nut/basil mixture. Place tomatoes tossed in olive oil, salt and balsamic vinegar into the hot pan and cook for 5 min. until tender. Add the shrimp and cook for 4 min. additional. Toss all together and serve on its own, with a piece of whole grain bread or the [spaghetti squash](#) without the hazelnuts.