



ONE-POT
**GARLICKY
SHRIMP &
BROCCOLI**



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INGREDIENTS

3 tbsp extra-virgin olive oil, divided
6 medium cloves garlic, sliced, divided
4 c small broccoli florets
1/2 c diced red bell pepper
1/2 tsp salt, divided
1/2 tsp ground pepper, divided
1 pound peeled and deveined raw shrimp
(21-30 count)
2 tsp lemon juice, plus more to taste

NUTRITION FACTS PER SERVING (4)

Serving Size: 1 cup
Calories 214; Fat 11g; Saturated Fat 2g;
Fiber 2g; Sugars 2g; Sodium 441mg;
Cholesterol 183mg; Protein 25g;
Carbohydrates: 6g

DIRECTIONS

Heat 2 tablespoons oil in a large saucepan over medium heat. Add half the garlic and cook until beginning to brown, about 1 minute. Add broccoli, bell pepper and 1/4 teaspoon each salt and pepper. Cover and cook, stirring once or twice and adding 1 tablespoon water if the pot is too dry, until the vegetables are tender, 3 to 5 minutes. Transfer to a bowl and keep warm.

Increase heat to medium-high and add the remaining 1 tablespoon oil to the pot. Add the remaining garlic and cook until beginning to brown, about 1 minute. Add shrimp and the remaining 1/4 teaspoon each salt and pepper; cook, stirring, until the shrimp are just cooked through, 3 to 5 minutes. Return the broccoli mixture to the pot along with lemon juice and stir to combine.