

## **EASY SHRIMP AND VEGETABLE SKILLET**

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**PREP TIME:** 10 MIN

**COOK TIME:** 20 MIN

**TOTAL:** 30 MINUTES FROM START TO TABLE

**SERVINGS:** 4 servings

**CALORIES:** 430 KCAL

### **INGREDIENTS:**

- 2 lbs. peeled and deveined shrimp I use Marina Del Rey shrimp
- 2 small zucchini
- 2 small yellow squash
- 3 small bell peppers any color
- 3 tbsp. olive oil
- 2 tbsp. butter
- 2 garlic cloves finely chopped
- 1 tbsp. [paprika](#)
- 1/2 tbsp. Cajun seasoning
- Salt and pepper to taste
- Fresh parsley to garnish

### **INSTRUCTIONS:**

1. Cut the vegetables into bite-sized pieces.
2. Place the shrimp into a medium bowl and add the Cajun seasoning, paprika, salt, and olive oil. Mix well.

3. Heat a large skillet over medium-high heat. Add the shrimp and cook for about 6-7 minutes, or until cooked through. Remove the shrimp from the skillet and set aside.

4. To the same skillet, add the garlic, butter, and vegetables. Season with salt, and stir-fry for about 10 minutes, or until the vegetables are tender.

5. Return the shrimp to the skillet, stir well, and garnish with parsley. Serve with rice, pastas, quinoa, or couscous

## NUTRITION

Calories: 430kcal Carbohydrates: 15g Protein: 50g Fat: 19g Saturated Fat: 6g Cholesterol: 587mg Sodium: 1832mg Potassium: 1008mg Fiber: 5g Sugar: 8g Vitamin A: 6100IU Vitamin C: 157.9mg Calcium: 381mg Iron: 7.1mg