



Shrimp Scampi Foil Packets

Makes 4 servings

Ingredients

Aluminum foil
4 garlic cloves: 2 grated, 2 thinly sliced
½ teaspoon kosher salt
1 tablespoon extra-virgin olive oil
40 jumbo peeled and deveined shrimp (slightly over 1 pound)
¼ cup dry white wine

1 tablespoon fresh lemon juice
4 pinches red pepper flakes
2 tablespoons unsalted butter, melted
3 tablespoons chopped parsley
1 lemon, cut into wedges

Instructions

1. Whisk the grated garlic, salt and oil in a medium bowl. Add shrimp, toss to coat and chill uncovered at least 30 minutes and up to 1 hour.
2. Make foil packets. Tear off four 16-inch sheets of aluminum foil.
3. Place 10 shrimp on the center of each foil sheet. Top each with remaining garlic slices, 1 tablespoon wine, lemon juice, pinch of red pepper flakes and ½ tablespoon melted butter.
4. Bring up the long sides of the foil, so the ends meet over the food. Double-fold the ends, leaving room for heat to circulate inside. Double-fold the two short ends to seal the packet.
5. Grill over high heat, 8 minutes. Use gloves or tongs to remove and carefully open. Top with chopped parsley. Serve with lemon wedges.

Nutrition Facts

Serving size: 1 packet; calories per serving: 224; carbohydrates: 6g; protein: 24g; fat: 11g; saturated fat: 4.5g; sugars: 0g; fiber: 1.5g; cholesterol: 188mg; sodium: 312mg

Recipe adapted from www.skinnytaste.com

