

Lenten Shrimp Scampi

3 tbsp butter substitute

3 tbsp olive oil

8 cloves garlic

1 ½ lbs shrimp

½ cup dry white wine

½ cup vegetable broth

1 tsp cornstarch

¼ tsp red pepper flakes

¼ tsp dried oregano

Salt & pepper to taste

Juice of 1-2 lemons, to taste

¼ cup chopped fresh parsley

1 lb cooked pasta

Directions

1. Melt butter substitute and olive oil in skillet over medium high heat. Add shrimp in a single layer and saute on both sides (2-4 minutes per side). Repeat until all shrimp are cooked. Remove shrimp from pan and set aside.
2. Add garlic and saute for 1 minute. Add wine and scrape to deglaze the pan, then add broth, cornstarch, red pepper flakes, oregano, salt, and pepper.
3. Bring to a boil, then lower heat and cook until sauce begins to thicken, about 10 minutes.
4. Add shrimp back to pan and simmer for 5 minutes, or until shrimp is heated through. Add lemon juice and simmer for 1-2 more minutes. Toss with pasta and fresh parsley