

Easy Garlic Parmesan Shrimp - HealthyPointRecipes.com



Prep time: 15 minutes

Cook time: 45-50 minutes

Serves: 8

2 Blue Points Per Serving

2 Purple Points Per Serving

3 Green Points Per Serving

Garlic-Parmesan Shrimp Ingredients:

2 T. extra virgin olive oil

4 cloves garlic, finely minced

2 t. Dijon mustard

½ t. garlic

3 T. Parmesan cheese, freshly grated

Salt and pepper, to taste

2 lbs. jumbo shrimp, peeled and deveined

2 T. lemon juice

1/3 c. fresh parsley, minced

Parchment paper

Add different herbs and spices to create different flavor combinations.

Directions:

Line a baking sheet with parchment paper and set aside. This works best if your baking sheet has a large rim, or you could use a casserole dish. Preheat oven to 400°F.

Combine the olive oil, garlic, mustard, garlic, and Parmesan cheese in a glass mixing bowl. Add in salt, pepper, and any other herbs or seasonings you'd like, to taste.

Add shrimp and toss to combine. Transfer seasoned shrimp to parchment lined baking sheet or casserole dish and bake for about 8 minutes, without overcooking. Your cooking time may vary due to oven variances. You can tell the shrimp is done when they are firm and pink.