

Greek Tomato, Shrimp and Feta

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Servings: 6



*1 1/2 pounds shrimp, large
raw, peeled and deveined
1 tablespoon olive oil
1 medium onion, chopped
1/2 cup vermouth, dry
27 ounces tomatoes, canned
1/2 teaspoon oregano
1/4 teaspoon fresh ground
black pepper
2 tablespoons parsley, fresh
1/4 pound feta cheese
1 pound whole wheat pasta*

Clean and rinse shrimp, pat dry, set aside.

Heat oil in large skillet and sauté onion until soft.

Stir in wine, tomatoes, oregano, and pepper.
Bring to boil and cook over medium heat until
mixture thickens slightly.

Add shrimp and cook until they are done, about 3
to 5 minutes.

Cook pasta until just tender toss in shrimp
mixture, fresh parsley and Feta Cheese and
serve,

Per Serving (excluding unknown items): 395 Calories; 8g Fat (17.3% calories from fat); 15g Protein; 66g Carbohydrate; 8g Dietary Fiber; 17mg Cholesterol; 413mg Sodium. Exchanges: 4 Grain(Starch); 1/2 Lean Meat; 1 1/2 Vegetable; 1 Fat.