

## ingredients

- 3 tablespoons extra-virgin olive oil, divided
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- 6 medium cloves garlic, sliced, divided
- 1 pound spinach
- ¼ teaspoon salt plus 1/8 teaspoon, divided
- 1 ½ teaspoons lemon zest
- 1 tablespoon lemon juice
- 1 pound shrimp (21-30 count), peeled and deveined
- ¼ teaspoon crushed red pepper
- 1 tablespoon finely chopped fresh parsley

## instructions

Heat 1 tablespoon oil in a large pot over medium heat. Add half the garlic and cook until beginning to brown, 1 to 2 minutes. Add spinach and 1/4 teaspoon salt and toss to coat. Cook, stirring once or twice, until mostly wilted, 3 to 5 minutes. Remove from heat and stir in lemon juice. Transfer to a bowl and keep warm.

Increase heat to medium-high and add the remaining 2 tablespoons oil to the pot. Add the remaining garlic and cook until beginning to brown, 1 to 2 minutes. Add shrimp, crushed red pepper and the remaining 1/8 teaspoon salt; cook, stirring, until the shrimp are just cooked through, 3 to 5 minutes more. Serve the shrimp over the spinach, sprinkled with lemon zest and parsley.



## One-Pot Garlicky Shrimp & Spinach

*Shrimp, spinach and garlic brown and cook quickly for a simple one-pot weeknight dinner. A fast pan sauce gets life from zesty lemon juice, warm crushed red pepper and herby parsley. Serve with a slice of whole-wheat baguette to swipe up every last drop of sauce.*

### Nutrition: Serving Size:

**1 cup**

### Per Serving:

**226 calories; protein 26.4g; carbohydrates 6.1g; dietary fiber 2.7g; sugars 0.7g; fat 11.6g; saturated fat 1.7g; cholesterol 182.6mg;**