

# Skillet Salsa Shrimp with Spinach and Feta

## Ingredients

- 1 Tbsp. olive oil
- 4 cloves garlic, finely chopped
- 3 strips lemon zest, thinly sliced
- 1/2 15.5 oz. jar salsa
- 8 oz. tomato sauce
- 20 shrimp, peeled and deveined
- 2 cups baby spinach
- 1/4 cup crumbled feta, for serving
- flatbread, for serving

## Directions

### Step 1

Heat olive oil, garlic, and lemon zest in a large skillet on medium until beginning to brown, about 1 min.

### Step 2

Add salsa and tomato sauce and bring to a simmer. Nestle shrimp in the salsa mixture and cook, covered, 3 min.

### Step 3

Fold in spinach and cook until beginning to wilt and shrimp are opaque throughout, 1 to 2 min. more.

### Step 4

Sprinkle with feta and serve with flatbread if desired.

**Nutrition per serving:** 121 cal, 8 g pro, 9 g carb, 3 g fiber, 4.5 sugars (0 g added sugars), 6 g fat (2 g sat fat), 52 mg chol, 966 mg sodium

Manaker, L. (2022, January 7). *54 Healthy Dinner Recipes for Weight Loss*. Prevention Magazine. Retrieved May 12, 2026, from [https://www.prevention.com/weight-loss/g69949362/healthy-dinner-recipes-for-weight-loss/?utm\\_campaign=mgu\\_%3Futm\\_source%3Dbing&utm\\_medium=cpc&msclkid=8afb48d35e0d139916cd22d008869cff](https://www.prevention.com/weight-loss/g69949362/healthy-dinner-recipes-for-weight-loss/?utm_campaign=mgu_%3Futm_source%3Dbing&utm_medium=cpc&msclkid=8afb48d35e0d139916cd22d008869cff)