

Sautéed Shrimp with Garlic



This works great as a Protein Flip option for many dishes you'll make in the course. Add it to a stir-fry, curry, bowl, and more!

INSTRUCTIONS

1. Heat oil in a sauté pan over medium-high heat. Add the garlic and sauté until fragrant, about 30 seconds.
2. Add shrimp and chili flakes, if using. Stir or toss until shrimp flesh loses its translucent quality and turns an opaque-white color, about 3 to 4 minutes.
3. Season with salt and pepper. Serve immediately.

*Serves: 4 for a main dish,
8 for a Protein Flip topping to an
otherwise plant-predominant dish*

INGREDIENTS

2 teaspoons olive oil (can
also use grapeseed oil or canola
oil)

4 garlic cloves, pressed
or minced

1 pound shrimp, peeled
and deveined

1 generous pinch red chili flakes,
optional

Salt and black pepper, to taste

Nutritional Info (per ¼ recipe [main dish]): Calories 105, Total Fat 3.4 g, Saturated Fat 0.6 g, Cholesterol 142.9 mg, Sodium 642 mg, Total Carbohydrate 2.1 g, Dietary Fiber 0.1 g, Sugars 0 g, Protein 15.6 g, Vitamin A 7%, Vitamin C 2%, Calcium 7%, Iron 2%, Zinc 10%

► To view the video for this recipe, and all electronic resources associated with the Culinary Medicine Curriculum, please see <https://bit.ly/culinarymededucation>.