

# Shrimp Saganaki



Shrimp Saganaki is a quick and easy Greek appetizer that is often served with crusty bread to scoop up the savory tomato sauce.

For a gluten-free main course, serve on a bed of cooked zucchini noodles, rice, or quinoa instead.

## Ingredients:

3 T. extra virgin olive oil  
2-3 cloves garlic, finely chopped  
1 medium red onion, finely chopped  
¼ c. dry white wine  
1 15-oz. can crushed tomatoes  
½ c. Kalamata olives, chopped  
1 t. dried dill

## Ingredients cont.:

1 t. dried Greek oregano  
½ t. crushed red chili flakes  
Salt and black pepper, to taste  
1 lb. large (16/20 ct.) shrimp, shelled and deveined  
3 T. fresh parsley leaves, chopped and divided  
4 oz. Feta cheese, crumbled

**natural**  
awakenings

Prep time: 10 minutes  
Cook time: 15-20 minutes  
Serves: 4

## Directions:

1. Heat olive oil in a large skillet over medium-high heat. Add garlic and red onion and cook, stirring occasionally, for 3-4 minutes, or until the onion softens and starts to turn golden brown.
2. Add white wine to deglaze the bottom of the skillet, scraping up any brown bits with a spatula.
3. Reduce heat to medium and add crushed tomatoes, olives, dill, oregano, and red chili flakes. Season with salt and black pepper, to taste, and stir to combine.
4. Simmer for 8-10 minutes, stirring occasionally. Add shrimp and 2 tablespoons of the parsley. Cook for 3-4 minutes, stirring occasionally, or until shrimp just turns pink. Do not overcook the shrimp.
5. Remove from heat and adjust seasonings, to taste. To serve, transfer to a serving dish and top with remaining fresh parsley and crumbled Feta cheese. Enjoy!