

Easy Polenta with Garlic Herb Shrimp

Prep: 10 min
Cook: 20 min
Serves: 4

Ingredients:

- 4 cups homemade vegetable stock
- 1 cup instant polenta
- 2 tablespoons unsalted butter
- 2 tablespoons olive oil
- 2 garlic cloves, minced
- 2 tablespoons chopped fresh oregano
- 2 tablespoons chopped fresh parsley
- 1 pound large shrimp, peeled and deveined
- ½ teaspoon kosher salt

Directions:

1. Add vegetable stock to a medium pot and bring to a boil. Whisk in polenta and cook over medium low heat while stirring constantly. Cook for 15 minutes, or until the polenta is thick and pulls away from the side of the pot. Remove from heat, whisk in butter and set aside.
2. Heat olive oil in a large sauté pan over medium heat. Add garlic, oregano and parsley, and sauté for 1 to 2 minutes, until garlic is fragrant.
3. Add shrimp, season with salt, and cook 1 to 2 minutes per side, until opaque and cooked through.
4. Whisk polenta and divide between serving bowls. Top with shrimp and serve immediately.



Nutrition Information		
Serving size: 437g	4 servings	Calories: 370
Amount per Serving		% Daily Value
Total Fat	14g	18%
Saturated Fat	5g	25%
Trans Fat	0g	
Cholesterol	160mg	53%
Sodium	1g	43%
Total Carbohydrate	41g	15%
Dietary Fiber	4g	14%
Total Sugars	3g	
Added Sugars	2g	4%
Protein	20g	
Vitamin D	0mcg	
Calcium	78mg	6%
Iron	1mg	8%
Potassium	156mg	4%