

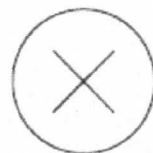
Roasted Shrimp with White Beans and Feta



SAVE
RECIPE



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TAP TO
CLOSE

- teaspoons olive oil, divided
- 3 tablespoons fresh lemon juice, divided
- ¼ teaspoon kosher salt, divided
- 1 pound peeled and deveined large shrimp
- 1 cup finely chopped red onion
- 1 (15-ounce) can cannellini beans, rinsed and drained
- ¼ cup unsalted chicken stock
- 1 teaspoon finely grated lemon rind
- 4 teaspoons balsamic vinegar
- ½ teaspoon Dijon mustard
- ¼ teaspoon freshly ground black pepper
- ¼ cup chopped fresh mint
- 1 ounce feta cheese, crumbled (about ¼ cup)

1. Preheat oven to 450°.
2. Combine 2 teaspoons oil, 1 tablespoon lemon juice, and ¼ teaspoon salt in a dish. Add shrimp; toss to coat. Set aside.
3. Heat 2 teaspoons oil in a nonstick skillet over medium heat. Add onion; sauté 2 minutes. Stir in beans, stock, and remaining ¼ teaspoon salt; cook 3 minutes.
4. Arrange shrimp on a baking sheet; roast at 450° for 4 minutes.
5. Combine remaining 2 tablespoons oil, remaining 2 tablespoons lemon juice, rind, vinegar, mustard, and black pepper in a bowl. Pour half of oil mixture over beans; toss. Stir in mint. Divide evenly among 4 plates; sprinkle with feta. Arrange shrimp alongside. Top with remaining oil mixture.

SERVES 4 (serving size: about 6 shrimp and ½ cup bean mixture)

CALORIES 273; FAT 14g (sat 2.8g, mono 8.6g, poly 1.4g); **PROTEIN 21g; CARB 16g;**