

Tuscan White Beans with Spinach, Shrimp and Feta

Servings: 2

From

<http://www.skinnytaste.com/2011/12/tuscan-white-beans-with-spinach-shrimp.html#more>

Ingredients

1 teaspoon extra virgin olive oil
1/2 lb shrimp, peeled and deveined
1/2 onion, chopped
1/2 teaspoon dried sage
1 tablespoon balsamic vinegar
1/4 cup low sodium, fat-free chicken broth
15 oz can cannellini beans, rinsed and drained
2 1/2 cups baby spinach
2 tablespoons crumbled feta cheese

Preparation

1) Heat 1/2 teaspoon olive oil in a large non-stick skillet over medium-high heat. Cook shrimp until just opaque, about 2 to 3 minutes. Transfer to a plate.
2) Heat the remaining oil in the same skillet over medium-high heat. Add onion, garlic and sage; cook 4 minutes stirring occasionally until golden. Stir in vinegar and cook 30 seconds. Add broth, bring to a boil and cook 2 minutes.
3) Stir in beans and spinach and cook until the spinach wilts, about 2 to 3 minutes. Remove from heat and stir in shrimp. Divide into two bowls and top each serving with 1 tablespoon feta cheese.