

Shrimp with Zucchini and Tomatoes

Tender shrimp, zucchini, and sweet tomatoes bathed in a light Marsala sauce. This is a quick and easy meal that is fresh, healthy and will please the pallet of everyone. Serve it over rice and you have a complete meal.

Makes 4 Servings

Ingredients

1 TBS + 1 tsp Olive Oil
1 Medium Zucchini (¼ inch slices)
1 small Yellow Onion (diced)
1 ½ tsp Minced Garlic
1 15oz Can diced Tomatoes or 1 Pint Grape Tomatoes
1 ½ tsp Fresh Oregano (or ½ tsp Dried Oregano)
1 ½ tsp Fresh Basil (or ½ tsp Dried Basil)
¼ tsp Fresh Ground Black Pepper
1 lb 51-60 Count Shrimp (peeled & deveined)
¼ C Marsala Wine *
¼ C Chicken Broth
1 TBS Corn Starch

2 C Cooked rice

Cut the zucchini into ¼ inch dice and finely dice the onion. Chop the oregano and basil finely and set aside. Heat 1 tablespoon olive oil in a large skillet over medium high heat. Add the zucchini in a single layer to the pan and turn the heat to high. Cook until the zucchini are golden brown (see photo). Flip and brown the other side. Remove to a bowl with a slotted spoon.



Heat 1 teaspoon of olive oil in the frying pan. Add the diced onion and cook until translucent. Add the shrimp minced garlic, tomatoes, oregano, basil, and black pepper. Cook until the shrimp turn pink and almost cooked through, about 1 minute.

Stir in the Marsala wine and scrape up any browned bits on the bottom of the pan. Return the zucchini to the pan.

Mix 1 tablespoon cornstarch and the chicken broth in a separate cup and slowly pour in. Stir the shrimp and vegetables as the sauce thickens. Taste for salt and pepper.

Serve over rice.

*** PRONTO SUBSTITUTE**

Marsala Wine – a wine produced in the region surrounding the Italian city of Marsala in Sicily is a fortified wine similar to Port, Madeira and Sherry. You can substitute Port, Madeira or Sherry.

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