

## **Shrimp Scampi**

2 lbs. large unpeeled shrimp (48 shrimp)  
3 tbsp. lowfat margarine  
1 cup red bell pepper, chopped  
8 cloves garlic, crushed  
1/2 cup dry white wine  
1/4 cup parsley, fresh, minced  
1/4 cup lemon juice, fresh  
1/2 tsp. salt  
1/4 tsp. pepper  
Paprika  
Angel hair pasta

Peel shrimp, leaving tails intact. Starting at tail end, butterfly underside of each shrimp, cutting to, but not through, back of shrimp. Arrange 8 shrimp, cut sides up, in each of 6 gratin dishes; set aside.

Melt margarine in a small skillet over medium heat. Add bell pepper and garlic; sauté 2 minutes. Remove from heat; stir in wine, parsley, lemon juice, salt and pepper. Spoon wine mixture evenly over each serving; sprinkle paprika over shrimp. Broil 6 minutes or until shrimp are done. Serve with angel hair pasta. Makes 6 servings.

Nutrition information per serving: calories 223; protein 31 grams; fat 6 grams; sodium 488 mg