

# Meatless meal: Shrimp scampi

The Lenten season offers opportunities for families to bond over Lenten traditions, such as meatless meals during Fridays.

Try making the shrimp scampi recipe below to enjoy with your family, or pick from one of the other meatless meal recipes listed.

## **Shrimp Scampi**

### *Ingredients*

3 pounds jumbo shrimp

¼ cup olive oil

1/3 cup butter

3 garlic cloves

¼ cup cooking sherry ¼ cup minced parsley and lemon wedges

### *Directions*

Split shrimp shells up the back with sharp knife; devein and shell

Heat olive oil and butter in large skillet; add shrimp and cook for 3 minutes over medium heat, stirring frequently

Add garlic and sherry; cook 4 minutes more, stirring frequently

Garnish with lemon wedges and parsley

May be served over linguine

*This recipe by Netta King was featured in "A Taste of Catholicism." Call 443-263-0234 to order the cookbook.*

*Check out other meatless meal recipes:*

Recipe from India: Tehri

Recipe from El Salvador: Casamiento

Italian trout

[New England Clam Chowder](#)