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Lemon-Garlic Shrimp and Vegetables

Prep Time: 20 mins

Cook Time: 10 mins

Total Time: 30 mins

Ingredients

- 4 teaspoon oil, olive, extra virgin, divided
- 2 large pepper(s), red, bell, diced
- 2 pounds asparagus, trimmed and cut into 1-inch lengths
- 2 teaspoon lemon zest, freshly grated
- 1/2 teaspoon salt, divided
- 5 clove(s) garlic, minced
- 1 pounds shrimp, raw, peeled and deveined, (26-30 per pound)
- 1 cup(s) broth, reduced-sodium chicken
- 1 teaspoon cornstarch
- 2 tablespoon lemon juice
- 2 tablespoon parsley, fresh, chopped



Preparation

1. Heat 2 teaspoons oil in a large nonstick skillet over medium-high heat. Add bell peppers, asparagus, lemon zest and 1/4 teaspoon salt and cook, stirring occasionally, until just beginning to soften, about 6 minutes. Transfer the vegetables to a bowl; cover to keep warm.
2. Add the remaining 2 teaspoons oil and garlic to the pan and cook, stirring, until fragrant, about 30 seconds. Add shrimp and cook, stirring, for 1 minute.
3. Whisk broth and cornstarch in a small bowl until smooth and add to the pan along with the remaining 1/4 teaspoon salt. Cook, stirring, until the sauce has thickened slightly and the shrimp are pink and just cooked through, about 2 minutes more. Remove from the heat. Stir in lemon juice and parsley. Serve the shrimp and sauce over the vegetables.