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Lemon-Garlic Shrimp & Vegetables

- 4 Teaspoons extra-virgin olive oil, divided
- 2 Large red bell peppers, diced
- 2 Pounds asparagus, trimmed and cut into 1-inch lengths
- 2 Teaspoons freshly grated lemon zest
- ½ Teaspoon salt, divided
- 5 Cloves garlic, minced
- 1 Pound raw shrimp, (26-30 per pound), peeled and deveined
- 1 Cup reduced-sodium chicken broth
- 1 Teaspoon cornstarch
- 2 Tablespoons lemon juice
- 2 Tablespoons chopped fresh parsley

- 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. 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.

