

# LEMON-GARLIC SHRIMP AND VEGETABLES

Preparation: 20 minutes | Cooking: 15 minutes | Servings: 4

## INGREDIENTS

*5 cloves garlic, minced*  
*2 large red bell peppers, diced*  
*2 pounds asparagus, trimmed and cut into 1-inch lengths*  
*1 pound raw shrimp, peeled and deveined*  
*1 cup reduced-sodium chicken broth*  
*2 tablespoons lemon juice*  
*2 tablespoons chopped fresh parsley*  
*4 teaspoons extra-virgin olive oil, divided*  
*2 teaspoons freshly grated lemon zest*  
*1 teaspoon cornstarch*  
*½ teaspoon salt, divided*



## INSTRUCTIONS

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. 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.