

Easy Garlic Lemon Shrimp

Ingredients

2 tblsp. extra virgin olive oil
6 cloves of minced garlic
1 tsp. crushed red pepper flakes
1 lb. jumbo shrimp, peeled and deveined with tails on
1 tsp. favorite spice blend (Tony Chachere's Creole, Old Bay, Ancho Chili)
¼ cup dry white wine
1 lemon juice and zest
¼ cup chopped parsley

Preparation

Heat olive oil over medium high heat. Add garlic, red pepper flakes and shrimp. Stir and combine well. Add seasoning and white wine, cook until shrimp is no longer pink. Add lemon juice, zest and parsley, mix well.

Serve with cauliflower rice or plain.