

20 Minute Honey Garlic Shrimp

Looking for an easy and delicious shrimp recipe your family will love? This is it! The dish is rich in protein, B vitamins, Zinc, Potassium and Phosphorus. Serve it on a weeknight with brown rice and steamed broccoli.

Serves: 4

Ingredients:

- 1/3 cup honey
- 1/4 cup reduced sodium soy sauce
- 2 garlic cloves, minced (or 1 teaspoon jarred minced garlic)
- optional: 1 teaspoon minced fresh ginger
- 1 pound medium uncooked shrimp, peeled & deveined
- 2 teaspoons olive oil
- optional for garnish: chopped green onion

Directions:

1. Whisk the honey, soy sauce, garlic, and ginger (if using) together in a medium bowl. You will use half for the marinade in step 2 and half for cooking the shrimp in step 3.
2. Place shrimp in a large sealable container or zipped-top bag. Pour 1/2 of the marinade/sauce mixture on top, give it all a shake or stir, then allow shrimp to marinate in the refrigerator for 15 minutes. Cover and refrigerate the rest of the marinade for step 3.
3. Heat olive oil in a skillet over medium-high heat. Place shrimp in the skillet. (Discard this marinade.) Cook shrimp on one side until pink, about 45 seconds, then flip shrimp over. Pour in reserved marinade/sauce and cook until shrimp is cooked through, about 1-2 more minutes.
4. Serve shrimp with sauce and a garnish of green onion. The sauce is excellent on brown rice and steamed vegetables on the side.

<https://sallysbakingaddiction.com/quick-healthy-dinner-20-minute-honey-garlic-shrimp/#tasty-recipes-66445>

Nutrition Info per serving:

278 Calories, .5 g Saturated Fat, 580 mg Sodium, 3.1 g Fiber, 17 grams Added sugars