

## One-Pot Garlic Shrimp & Spinach

Serves 2

### Ingredients

- Extra-virgin olive oil – 20 ml ( $\approx 1\frac{1}{2}$  Tbsp), divided
- Garlic – 3 medium cloves, thinly sliced, divided
- Fresh spinach – 225 g ( $\approx \frac{1}{2}$  pound)
- Kevala coconut aminos – 1 tsp (instead of salt; adds umami, lower sodium)
- Lemon juice – 1 Tbsp (15 ml)
- Shrimp (21–30 count, peeled & deveined) – 225 g ( $\approx \frac{1}{2}$  pound)
- Crushed red pepper flakes – pinch (adjust to taste)
- Fresh parsley – 1 tsp, finely chopped
- Lemon zest –  $\frac{3}{4}$  tsp (from  $\frac{1}{2}$  lemon)



### Instructions

1. Heat 1 tsp oil in a large skillet over medium. Add half the garlic; cook 1–2 minutes until lightly golden.
2. Add spinach +  $\frac{1}{2}$  tsp coconut aminos. Toss until wilted (3–4 min). Stir in lemon juice. Remove spinach to a bowl, keep warm.
3. Increase heat to medium-high. Add remaining oil. Sauté remaining garlic until golden (1–2 min).
4. Add shrimp + red pepper flakes +  $\frac{1}{2}$  tsp coconut aminos. Cook, stirring, until just pink and cooked through (3–4 min).
5. Serve shrimp over spinach. Sprinkle parsley + lemon zest.

 Serve with **orzo**, **brown rice**, or **pasta** on the side.

### Nutrition (per serving, without starch side)

- **Calories:** ~270 kcal
- **Protein:** 25 g
- **Fat:** 15 g
  - Sat. Fat = 2.2 g
- **Carbs:** 9 g
  - Sugars = 2 g
- **Fiber:** 3 g
- **Sodium:** ~280 mg (mostly from shrimp + coconut aminos)
- **Omega-3:** ~0.4 g

### Suggestions

- Add **mushrooms** or **zucchini** to the shrimp sauté for extra umami + bulk.
- A spoonful of **Greek yogurt with lemon zest** makes a tangy sauce if you want creaminess.
- For more Mediterranean depth: a splash of **dry white wine** in the shrimp step.