One-Pot Garlic Shrimp & Spinach

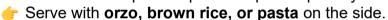
Serves 2

Ingredients

- Extra-virgin olive oil 20 ml (≈1½ Tbsp), divided
- Garlic 3 medium cloves, thinly sliced, divided
- Fresh spinach 225 g (≈½ 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 (≈½ pound)
- Crushed red pepper flakes pinch (adjust to taste)
- Fresh parsley 1 tsp, finely chopped
- Lemon zest ¾ tsp (from ½ lemon)



- 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 + ½ tsp coconut aminos. Cook, stirring, until just pink and cooked through (3–4 min).
- 5. Serve shrimp over spinach. Sprinkle parsley + lemon zest.



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.

