Lemon-Pepper Shrimp Scampi

This is a quick recipe that is great for dinner or as leftovers for lunch the next day! Roasted asparagus or a spring salad would pair well with this dish.

**Recipe from: Cooking Light, March 2009**

**Ingredients:**
- 1 cup uncooked orzo
- 2 Tbsp. chopped fresh parsley
- 1/2 tsp. salt, divided
- 2 Tbsp. unsalted butter, divided
- 1 pound peeled and deveined jumbo shrimp
- 2 tsp. minced garlic
- 2 Tbsp. fresh lemon juice
- 1/4 tsp. black pepper

**Directions:**
1. Cook orzo according to package directions, omitting salt and fat. Drain and place orzo in a medium bowl. Stir in parsley and 1/4 teaspoon salt; cover to keep warm.
2. Melt 1 tablespoon butter in a large non-stick skillet over medium-high heat. Sprinkle shrimp with remaining 1/4 teaspoon salt.
3. Add garlic to pan and cook 30 seconds, stirring constantly.
4. Add shrimp to pan and sauté for 2 minutes. Add lemon juice and pepper and cook shrimp one more minute or until done. Serve immediately.

**Nutrition Facts**
- **Serves 4**
- Serving: 1/2 cup orzo, 7 shrimp
- Calories: 403
- Fat: 10 grams
- Saturated fat: 5 grams
- Sodium: 549 mg
- Carbohydrates: 35 grams
- Fiber: 2 grams
- Protein: 40 grams