

Greek Shrimp Casserole



Only 7 Weight Watcher® points

Serves 4

1 1/2 pounds jumbo shrimp, raw, peeled, deveined

1/2c onion, chopped

1 red bell pepper, chopped

1 garlic clove, chopped

2c tomatoes in puree

1/4c dry white wine

1/4c fresh flat leaf parsley, chopped

1c Feta cheese, crumbled

2 pinches cayenne pepper

1t Greek seasoning, dried

Preheat oven to 375.

Spray non~stick skillet with non~stick cooking spray and cook onion and red pepper until soft. Add garlic, tomatoes, wine, half of the parsley, cayenne pepper and Greek seasoning. Simmer uncovered 15 minutes, stirring occasionally.

Add shrimp, cook 3 minutes until just barely cooked through. Sprinkle feta cheese into baking dish sprayed with non~stick cooking spray and top with shrimp and tomatoes. Garnish with remaining flat leaf parsley.

Bake 10~15 minutes until the casserole is hot and bubbly.

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