



Scampi Sauce

A spicy, lemon butter, white wine, garlic, herb sauce

Scampi sauce is a delicious, zesty, herbed lemon garlic sauce that goes fantastic with all types of seafood and poultry. It's most popular application is, of course, Shrimp Scampi. In this recipe I'll be adding Shrimp into the ingredients, even though this is really supposed to be a recipe page for just the sauce. I'm including how to actually use it to make a dish,.. why not, it's my book after all.

Ingredients:

- 4 medium garlic cloves, chopped
- 5 second spray, butter flavored cooking spray ***
- 1-1/2 cup fat free chicken broth
- 3 Tbsp white wine
- 2 Tbsp white wine vinegar
- 1 Tbsp PLUS 1-1/2 tsp cornstarch, dissolved in 2 Tbsp water
- 1 Tbsp I can't believe it's not butter Light
- 2 Tbsp lemon juice
- 1/4 tsp salt
- 1/8 tsp black pepper
- 1/8 - 1/4 tsp red pepper flakes to taste
- 1 Tbsp fresh parsley, finely chopped
- 2 Tbsp fresh oregano, finely chopped

Directions:

1. Spray a medium saucepan for 5 seconds with olive oil cooking spray, then saute garlic over medium heat till fragrant.



2. Add the broth, wine, vinegar, dissolved cornstarch, butter spread, lemon juice, salt, and pepper to the pan. Bring to a rolling boil for 3 minutes, allowing the sauce to start thickening.

Servings:

Yields: 1-3/4 cup sauce
Servings: 3 (and change)
Servin Size: 1/2 cup sauce



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Use your mobile device's 'Camera' App to
look at this code for nutritional info.

3. Add red pepper flakes, parsley and oregano to the pan, continue cooking at a low simmer for an additional 2 minutes, or until the sauce coats the back of a spoon. Done.
4. Additionally, if you want to make a traditional shrimp or chicken scampi dish, now would be the time when you'd add your raw shrimp or diced raw chicken to the simmering sauce. If cooking shrimp, place the shrimp into the simmering scampi sauce and toss to coat. Cook for 2 minutes or until the shrimp is a light pink color throughout. Cook chicken slightly longer, till cooked through.

