

## Shrimp Sautéed with Fresh Tomatoes, Wine, and Basil

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Try Shrimp Sautéed with Fresh Tomatoes, Wine, and Basil for a delicious seafood dinner that is quick and easy. Don't overcook the shrimp, or they will be tough. Although shrimp live in salt water, brining still makes them firmer and juicier.

**Yield:** 4 servings (serving size: 2/3 cup shrimp mixture and 3/4 cup pasta)

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### Ingredients

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3 1/2 cups water  
1/2 cup kosher salt (such as Diamond Crystal)  
1 cup ice cubes  
1 1/4 pounds large shrimp  
1 1/2 tablespoons olive oil  
1/4 cup thinly sliced green onions  
3 garlic cloves, thinly sliced  
1/2 cup dry white wine

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1 cup coarsely chopped seeded peeled tomato  
1/4 teaspoon kosher salt  
1/4 teaspoon freshly ground black pepper  
3 cups hot cooked vermicelli (about 6 ounces uncooked pasta)  
1/4 cup chopped fresh basil

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## Preparation



Combine water and 1/2 cup salt in a large bowl, stirring until salt dissolves. Pour salt mixture into a large zip-top plastic bag. Add ice and shrimp; seal. Refrigerate 30 minutes. Remove shrimp from bag; discard brine. Peel shrimp.

Heat oil in a large nonstick skillet over medium-high heat. Add onions and garlic; sauté 15 seconds. Add shrimp, and sauté 1 minute. Add wine; cook 1 minute, scraping pan to loosen browned bits. Add tomato, 1/4 teaspoon salt, and pepper; cook 3 minutes or until shrimp are done. Remove from heat; serve over pasta. Sprinkle with basil.

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## Nutritional Information

### Amount per serving

Calories: 380    Calories from fat: 20%    Fat: 8.4g    Saturated fat: 1.3g

Monounsaturated fat: 4.2g    Polyunsaturated fat: 1.7g    Protein: 34.5g

Carbohydrate: 35g    Fiber: 2.7g    Cholesterol: 216mg    Iron: 5.4mg

Sodium: 1137mg    Calcium: 100mg

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