



chiropractic laser physical rehab naturopathy massage therapy acupuncture reiki reflexology Bowen

Mediterranean Shrimp (serves 4)

FLT (per serving): 1 protein, 1 oil, unlimited category 1 vegetables

198 calories, 9 g carbohydrates, 17 g protein, 8 g fat

4 tsp. olive oil
2 cups finely chopped peeled eggplant
1 red onion, chopped
3 garlic cloves, minced
6 plum tomatoes, finely chopped
1 cup water
1 tbsp. chopped oregano or marjoram
¾ lb medium shrimp, peeled & de-veined
1/3 cup crumbled, low-fat feta cheese
2 tbsp. chopped flat-leaf parsley

1. Heat the oil in a skillet.
2. Add the eggplant and sauté until lightly browned.
3. Stir in the onion and garlic and sauté until fragrant.
4. Add the tomatoes, oregano, and water and bring to a boil.
5. Reduce heat and simmer, stirring occasionally, until most of the liquid evaporates.
6. Add the shrimp to the vegetables and cook, stirring frequently, until they turn pink.
7. Serve sprinkled with the feta and parsley.