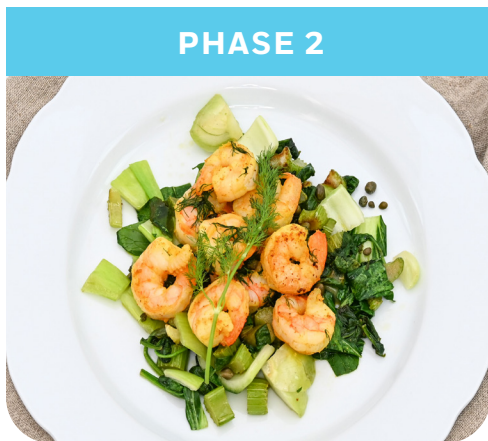


chef penny's lemon caper shrimp

SERVES 1 • READY IN 20 MINUTES OR LESS

**Ingredients:**

- 1 portion of shrimp, cooked, peeled, and deveined
- 1 tbsp fresh dill
- 1/3 cup fresh lemon juice
- 1 tsp Dijon mustard (sugar/wine free)
- 1/4 cup capers
- 1/2 cup spinach
- 1 cup bok choy
- 1/4 cup diced celery
- 1/2 tsp garlic powder
- 1/2 tsp onion powder
- 1/2 tsp turmeric
- salt and pepper to taste

Preheat pan on med to high heat. Spray pan with non-stick cooking spray set to medium-low heat.

Sauté diced celery until soften. Add bok choy. Use the water-sauté method to steam soften the vegetables, adding 1 tablespoon of water at a time, as needed. Add spinach and capers and keep sautéing. Once veggies are cooked, remove, and set aside.

In the same pan, spray more non-stick cooking spray. Season shrimp with garlic powder, onion powder turmeric and Dijon mustard. Add salt and cracked black pepper to your liking. Place in pan and cook on medium heat for about 1 min per side or until shrimp turns opaque and slightly firm to touch.

Plate your veggies and place the shrimp on top. Spoon over the lemon juice and enjoy!