



Shrimp with Feta

by Koula Barydakis. Adapted from Foods of Crete
by Koula Barydakis and Bill Bradley, Registered Dietitian and Cookbook Author

Ingredients (Serves 4)

- 1 large onion, sliced
- 1 red pepper, thinly sliced
- 2 cloves garlic, minced
- 1/4 cup extra virgin olive oil
- 2 fresh tomatoes, cut into cubes
- Salt and pepper, to taste
- 1 pound medium sized shrimp, shells removed and de-veined
- 1/2 pound feta, cut in small cubes

Directions

1. In a large frying pan, sauté the onion, pepper, and garlic in olive oil for 5 minutes.
2. Add the tomatoes, salt and pepper. Simmer for 15 minutes.
3. Add the shrimp and cook on medium heat for 10 minutes.
4. Add the feta and simmer for 5 more minutes.