Quick & Healthy Dinner: 20 Minute Honey Garlic Shrimp

Ingredients:

1/3 cup honey

1/4 cup soy sauce (I use reduced sodium)

1 Tablespoon minced garlic

optional: 1 teaspoon minced fresh ginger

1 lb medium uncooked shrimp, peeled & deveined[1]

2 teaspoons olive oil

optional: chopped green onion for garnish

Directions:

Whisk the honey, soy sauce, garlic, and ginger (if using) together in a medium bowl.

Place shrimp in a large zipped-top bag or tupperware. Pour 1/2 of the marinade mixture on top, give it all a shake or stir, then allow shrimp to marinate in the refrigerator for 15

minutes or for up to 8-12 hours. Cover and refrigerate the rest of the marinade for step 3. (Time-saving tip: while the shrimp is marinating, I steamed broccoli and microwaved some quick brown rice.)

Heat olive oil in a skillet over medium-high heat. Place shrimp in the skillet. (Discard used marinade[2].) Cook shrimp on one side until no longer pink– about 45 seconds– then flip shrimp over. Pour in remaining marinade and cook it all until shrimp is cooked through, about 1 minute more.

Serve shrimp with cooked marinade sauce and a garnish of green onion. The sauce is excellent on brown rice and steamed veggies on the side.

Additional Notes:

Using leftover marinade is a debated topic. While you could boil it to rid any contamination, the flavor could possibly change. But do what you'd like. Usually I just make a little extra (like we do here) to use as the sauce.

SmartPoints: 5