



Sauteed Shrimp with Artichoke Hearts, Sun Dried Tomatoes, Lemon and Basil

1 lb U-12 Shrimp Peeled and Deveined
1 Cup Sun dried Tomatoes in oil, chopped
1 Cup Artichoke Hearts, quartered, save the juice
½ Red onion, sliced
½ cup White Wine
1 Bunch Fresh Basil
1 lemon
4 Cloves Garlic sliced
1 Pinch Chile Pepper Flakes
2 TBSP Butter, optional
¼ cup EVOO

Serve over Linguini or with some toasted baguette.

Heat olive oil in a saute pan, when smoking, add the shrimp and saute for about 1 minute on each side till lightly caramelized. Remove the shrimp from the pan and set aside. Add the red onion and garlic and Saute for about 2 minutes until lightly golden brown. Add the sun dried tomatoes, and artichoke hearts and deglaze with the white wine. Add the shrimp back to the pan. Reduce by half and add about ¼ cup of the artichoke liquid. Season with S&P and Chile pepper flakes. Finish with the juice of 1 lemon, add the butter (optional) and fresh Basil. Toss with linguine or serve in a Bowl with some Toasted Baguette.