

Dairy-Free Creamy, Buttery Tuscan Shrimp (Gluten-free, soy-free, grain-free, dairy-free)

INGREDIENTS:

- * 2 tablespoons coconut oil (avocado oil or olive oil work, also)
- * Salt (to taste)
- * 1 pound shrimp, peeled, deveined, and tails removed
- * 2 tablespoons butter (for non-dairy, use butter flavored coconut oil)
- * 1/2 yellow onion, diced
- * 3 cloves garlic, minced
- * 1/2 cup white mushrooms, sliced
- * 1 5 oz jar sundried tomatoes, partially drained and sliced
- * 3 cups spinach (I used about 1/2 bag)
- * 2 teaspoons italian seasoning
- * 1 teaspoon dried basil
- * 1 cup coconut milk
- * 1 tablespoon arrowroot or casava flour
- * 1/4 cup dairy-free parmesan (or shredded parm if you can have dairy)

DIRECTIONS:

Heat the oil in a skillet over medium-high heat.

Salt the shrimp and sautee for 1-2 minutes per side, until lightly browned on the outside but this translucent on the inside. The shrimp will finish cooking when you re-add them to the pan later.

Remove the shrimp from the pan and set aside.

Reduce heat to medium and add the butter flavored coconut oil to the skillet.

Sautee the onions, garlic, and mushrooms until the onions begin to soften, about 5 minutes.

Add the sundried tomatoes, spinach, italian seasoning, and basil to the pan and cook until the spinach is wilted but not soggy, about 3 minutes.

While the veggies are cooking, in a small bowl, add the flour to the coconut milk and mix until smooth. Pour the coconut milk into the pan mixture, salt to taste, and simmer for 2 minutes to allow the sauce to thicken a bit.

Turn off the burner heat, add the shrimp back to the pan, toss gently to coat everything, and let sit for 2 minutes so the shrimp can finish cooking in the sauce and absorb the flavors.

Serve immediately and enjoy over cauliflower rice, regular rice, or tossed with fettuccini.