

# Greek Shrimp Saganaki Over Creamy Polenta

Yield: 4 min  
Total Time: 60 min

Recipe from: <https://www.recipeschoose.com/recipes/greek-ouzo-recipe>

## Ingredients:

- 1 1/2 pounds extra large shrimp 21 to 25 per pound, peeled and deveined, tails on
- 1/4 cup olive oil quality
- 3 tablespoons ouzo
- 5 garlic cloves minced
- 1 teaspoon grated lemon zest
- salt
- pepper
- 1 small onion chopped
- 1 green bell pepper or red, stemmed, seeded, and chopped
- 1/2 teaspoon red pepper flakes
- 28 ounces diced tomatoes
- 1/3 cup juice
- 1/4 cup dry white wine
- 2 tablespoons chopped fresh parsley coarsely
- 6 ounces feta cheese crumbled, 1 1/2 cups
- 2 tablespoons chopped fresh dill
- 1 cup whole milk
- 3 cups water
- 1 cup cornmeal medium grind
- 6 tablespoons herb garlic, compound butter such as Kerrygold
- 1 tablespoon olive oil quality
- 1 cup sharp cheddar cheese shredded
- kosher salt
- freshly ground black pepper

## Nutrition:

1. Calories: 830 calories

2. Carbohydrate: 50 grams
  3. Cholesterol: 330 milligrams
  4. Fat: 42 grams
  5. Fiber: 6 grams
  6. Protein: 55 grams
  7. SaturatedFat: 16 grams
  8. Sodium: 1350 milligrams
  9. Sugar: 18 grams
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