
Garides Saganaki

Servings: 4

Tomatoes and Prawns

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2Tbs.Olive oil

2 tablespoons olive oil
1 teaspoon oregano leaves
1 yellow onion, peeled
2 cloves garlic, peeled
4 tomatoes, peeled, chopped
1 tablespoon tomato paste
1/2 cup white wine
8 prawns, cleaned
4 ounces feta cheese
1 tablespoon flat leaf parsley
1 lemon

Preheat oven to 400 degrees

Heat olive oil in deep skillet. Add onion, saute' until just starting to clear.

Add crushed chopped garlic. Stir.

Add tomato paste and while stirring add wine until paste is incorporated.

Add tomatoes, toss. Add oregano. Cook for 10 minutes.

Season to taste with salt & pepper.

Add prawns, stir into sauce, cook 2 minutes.

Add feta. Bake 10 minutes.

Serving Ideas: Sprinkle with parsley. Squeeze lemon over dish.

Per Serving (excluding unknown items): 200 Calories; 13g Fat (62.2% calories from fat); 6g Protein; 12g Carbohydrate; 2g Dietary Fiber; 25mg Cholesterol; 363mg Sodium. Exchanges: 1/2 Lean Meat; 2 Vegetable; 0 Fruit; 2 Fat.