



Shrimp sautéed with Summer Corn & Heirloom Tomatoes

Recipe Courtesy Mary Connolly

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At the end of a long day, I just want to sit down, relax and have a wholesome, home-cooked meal. That scenario rarely happens with the frenetic life I lead. I just don't have the time or energy to plan and cook something on a weeknight, but I crave it just the same. So this week I made a special effort to cook myself something simple and yummy that required very little effort.

Ingredients:

- * 1/2 pound of shrimp, cleaned & steamed (you can pick this up at a reputable fish market or the fish counter of a supermarket you trust)
- * 1-2 plum tomatoes (or heirloom if available), seeds and pulp removed.
- * 2-3 ears corn, kernels cut from the cob
- * 1-2 cloves garlic, minced
- * 1 Tablespoon flat leaf Italian parsley, cleaned and finely chopped
- * Salt and pepper, to taste
- * 1 Tablespoon unsalted butter (or good quality extra virgin olive oil)

1. Heat the butter and garlic in a pan until garlic turns slightly blondish in color.
2. Add the corn and cook for about a minute.
3. Add the tomato and shrimp and cook for another minute or so. Add salt and black pepper to taste.
4. Add fresh parsley and toss. Serve immediately, with a wedge of lemon.

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