

Greek Baked Shrimp with Feta and Holiday Spices

Simple, quick and very tasty. Leftovers were wonderful, too.

1 yellow onion, chopped

4 garlic cloves, minced (2 T)

3 T extra virgin olive oil

1 red or yellow bell pepper, seeded and diced

1/2 t crushed red pepper flakes

1/2 t ground cinnamon

1/4 t ground allspice

1 -28 oz can diced tomatoes

1 1/4 lb raw shrimp, peeled, deveined and tails removed

pinch each of salt, black pepper and sugar

1 T fresh oregano, chopped, (or dried)

1 T fresh flat leaf parsley, chopped,, (or dried)

2/3 cup , (1/4 lb) feta, large crumbles

Preheat oven to 375°. Heat oil in a heavy saute pan over med heat and cook the onion until soften. Add garlic and peppers and cook 2 minutes more. Add cinnamon, allspice, and chili flakes and cook 30 seconds until aromatic. Add undrained tomatoes and simmer gently until slightly thickened, approx 15 min. Add herbs, salt, pepper, sugar and shrimp, then transfer to a 2 quart baking/casserole dish. Top with feta and bake until shrimp are cooked through, approx 20 minutes. Stir if necessary to cook through. Serve immediately with crunchy French/artisian bread and a great salad. Serves 4 medium appetites. (You could replace the cinnamon and allspice with cilantro and increase the chili pepper a little for a different taste. I served the leftovers over angel hair pasta and it was great, too.)