

DINNER

Sautéed Shrimp With Country Ham and Capers

7 October 2026

TOTAL TIME	SERVES	PER SERVING	CALORIES
45 min	8	\$3.89	338 kcal

Ingredients

☐ 1/3 cup butter	☐ 1 teaspoon salt-free Cajun seasoning
☐ 2 tablespoons capers	☐ 8 servings French bread
☐ 2 tablespoons minced fresh parsley	☐ 4 ounces cup thinly sliced country ham, prosciutto, or baked ham
☐ 2 tablespoons fresh lemon juice	☐ 1/3 cup olive oil
☐ 3 pounds unpeeled, extra-large fresh shrimp	☐ ¼ cup vermouth or dry white wine

EQUIPMENT Bowl, Frying pan

Method

- 1 Peel shrimp, and devein, if desired.
- 2 Melt butter with olive oil in a large, deep skillet over medium-high heat. Increase heat to high, and add shrimp and ham; cook, stirring constantly, 3 to 5 minutes or until shrimp turn pink. Reduce heat to medium high, add vermouth and next 3 ingredients; bring to a boil.
- 3 Pour into a large, deep serving platter or individual bowls.
- 4 Sprinkle with parsley, and serve immediately.
- 5 Serve with French bread.

6 Note: For testing purposes only, we used McCormick's Cajun seasoning.

Nutrition per serving

338

KCAL

38 g

PROTEIN

20 g

FAT

1 g

CARBS

Saturated Fat

7.1 g · 45% of daily needs

Sugar

0.3 g · 0% of daily needs

Sodium

494 mg · 21% of daily needs

Cholesterol

303 mg · 101% of daily needs

Vitamin C

2.9 mg · 3% of daily needs

Adapted from My Recipes. Find this recipe, ratings and more ideas at whatsheate.com/sauteed-shrimp-with-country-ham-and-capers-148537